

THE METROPOLITAN COOK BOOK



METROPOLITAN LIFE INSURANCE COMPANY

HOME OFFICE—NEW YORK

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THE METROPOLITAN LIFE COOK BOOK



COOKERY means carefulness and inventiveness and willingness and readiness of appliances. It means the economy of your grandmothers and the science of the modern chemist; it means much testing and no wasting; it means English thoroughness and French Art and Arabian hospitality.—RUSKIN.



METROPOLITAN LIFE INSURANCE COMPANY

RIGHT living is largely dependent on healthful eating. It is sometimes difficult to feed the family nourishing food and at the same time give it the variety which quickens the appetite. This book has been prepared to help the housewife in her everlasting question, "What shall I have for dinner tonight?" We hope that you will find it useful and helpful.

A companion book to this is *The Family Food Supply* which tells how to do your marketing and plan your meals economically. A copy will be sent you upon request.

METROPOLITAN LIFE INSURANCE COMPANY

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The Food We Eat

PROPER FEEDING means more than having enough food—it means the right kind of food. To be well nourished we need a balanced diet. There should be a liberal amount of fruits and green vegetables, for they maintain and build blood and bone, regulate the body and furnish it with roughage.

Meat, fish, milk, cheese, eggs and dried beans and peas, which build muscle and repair tissue, should also have a place in the diet. Science tells us that meat in small quantities is necessary for a healthful diet. Children should not have meat more than once a day; adults also can get along very nicely with meat once a day.

We need foods which produce heat and energy such as starches found in cereals or grains, bread, flour mixtures and the starchy vegetables; and sugar, molasses, syrups and preserves.

Fats, which are found in oil, butter, cream, fat meats and nuts, should be eaten. Between one-half and seven-eighths of a pound of fat a week is the proper amount to allow for every member of the family over 3 years old.

A Few Useful Suggestions

It pays to buy clean food from clean stores.

It is cheaper to buy in quantities as large as can be safely stored.

Food should be kept clean and covered.

Milk and cream should be kept covered in an ice box.

Salad plants should be washed and left in a cheesecloth bag in an ice box before serving.

Meat and fish should be taken out of paper wrappings when put in an ice box.

Cheese should be wrapped in a clean cloth, dampened in vinegar, and kept in a cool, dry place.

Flour should be sifted before measuring.

Mustard and baking powder settle in the can and should be stirred lightly before measuring.

Salt or sugar lumps should be broken before measuring.

One tablespoon cornstarch thickens as one egg.

One egg equals one-half teaspoon of baking powder.

ALL RECIPES IN THIS BOOK CALL FOR FLAT OR LEVEL MEASUREMENTS

TABLE OF MEASURES AND WEIGHTS

2 cups butter.....	equals 1 pound
4 cups flour (pastry).....	" 1 "
2 cups granulated sugar.....	" 1 "
2 $\frac{2}{3}$ cups powdered sugar.....	" 1 "
3 $\frac{1}{2}$ cups confectioners' sugar.....	" 1 "
2 $\frac{2}{3}$ cups brown sugar.....	" 1 "
1 $\frac{7}{8}$ cups rice.....	" 1 "
4 $\frac{1}{2}$ cups Graham flour.....	" 1 "
3 $\frac{7}{8}$ cups entire wheat flour.....	" 1 "
4 $\frac{1}{3}$ cups coffee.....	" 1 "
2 cups finely chopped meat.....	" 1 "
9 large eggs.....	" 1 "
1 square Baker's chocolate.....	" 1 ounce
3 teaspoons.....	" 1 tablespoon
16 tablespoons.....	" 1 cup
2 tablespoons butter.....	" 1 ounce
4 tablespoons flour.....	" 1 "

OVEN TEMPERATURES

Slow—250° to 350° Fahrenheit.
 Moderate—350° to 400° Fahrenheit.
 Hot or "quick"—400° to 450° Fahrenheit.
 Very hot—450° to 550° Fahrenheit.

Slow oven requires 1 burner halfway on.
 Moderate oven requires 2 burners halfway on.
 Hot oven requires 2 burners on full.

BEVERAGES

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BEVERAGES

COFFEE

Coffee should be purchased for family use in small quantities, freshly roasted and finely ground. Better color and flavor is secured when finely-ground coffee is used. Many kitchens are equipped with a coffee mill. This makes it possible to grind the coffee as needed. Ground coffee should be kept in air-tight tins, because it loses its aroma and flavor quickly.

FILTERED COFFEE

1 cup finely-ground coffee 6 cups boiling water
 Put coffee into filter and pour the freshly boiling water over it gradually. Remove strainer before serving. If stronger coffee is desired, use 1 $\frac{1}{2}$ tablespoons coffee for each cup water, rather than refiltering.

BREAKFAST COFFEE

4 rounded tablespoons finely-ground coffee 4 cups cold water
 White of $\frac{1}{2}$ egg
 The usual rule is 2 level or 1 rounded tablespoon of coffee for each cup served. Mix egg white and dry coffee, add the cold water and bring to boiling point. Boil three minutes. Remove from fire, let stand five minutes and strain from grounds.

NOTE.—Keep the inside of the coffee pot scrupulously clean, as coffee absorbs odors and flavors most readily. Always scald the pot before using. Glass or enamel coffee pots are better than metal.

ICED COFFEE

Prepare a strong coffee. Fill tumblers half full of cracked ice and add to it the coffee. Add sugar and whipped cream to taste.

TEA

Freshly boiled water should always be used in making tea. This is important because water below the boiling point does not develop the full flavor of this beverage. Scald an earthenware teapot, put tea in, allowing 1 teaspoon of tea to each cup of freshly boiling water; pour over it the boiling water; cover closely; let stand for three to five minutes without boiling; pour at once. It is advisable to strain tea from grounds. A tea-ball may be used, and allow the same proportion of tea to water. Place tea-ball in cup, and pour over it freshly boiling water. Remove tea-ball in a minute or more, according to strength desired.

COCOA

The general rule for cocoa is 2 teaspoons cocoa, $\frac{1}{2}$ cup cold water, 1 teaspoon sugar and $\frac{1}{4}$ cup milk for each cup cocoa desired. Cook the water and cocoa together until thick; add the sugar; stir until dissolved; add milk and boil a minute.

COCOA SYRUP

$\frac{1}{2}$ cup cocoa $\frac{1}{2}$ teaspoon salt 1 tablespoon butter
 1 cup water 1 cup sugar 1 teaspoon vanilla
 Cook cocoa and water together until it is smooth and thick. Add sugar and salt and cook a few minutes longer. Add butter and vanilla, the sauce may be kept in jars and used for pudding or ice cream sauce or the basis of iced cocoa.

ALL RECIPES IN THIS BOOK CALL FOR FLAT OR LEVEL MEASUREMENTS

CHOCOLATE

Use $\frac{1}{2}$ square of chocolate, 1 tablespoon sugar and 2 tablespoons hot water for each cup of chocolate desired. Break chocolate into pieces, add hot water, cook together until smooth; add sugar; stir until dissolved; add 1 cup scalded milk. Flavor with vanilla. Let cook about five minutes in a double boiler. May be served with whipped cream.

FRUIT PUNCH

4 cups hot water 1 small can chopped pineapple Juice of 4 oranges
2 cups sugar Juice of 3 lemons 1 bottle carbonated water

Prepare a syrup of the water and sugar and boil fifteen minutes, cool, add fruit and carbonated water. Serve ice-cold.

GRAPE-JUICE LEMONADE

Juice of 3 lemons 2 cups grape juice Enough ice-water to make a quart
 $\frac{1}{2}$ cup sugar

Combine ingredients in the order given. Chill for half an hour. Serve in each glass a thin slice of lemon from which the seeds have been removed. This quantity will serve six water glasses or eighteen punch glasses.

CEREALS

Cereals are valuable and inexpensive food as they furnish energy at a low cost.—Cereal mush or other cereal dishes with milk for breakfast furnishes a meal of excellent food value. It is a good plan to have several different kinds of cereal preparations on hand so that there may be a change from day to day. Corn and oat preparations furnish particularly good winter foods. Corn meal, oatmeal, rice and hominy grits are cheaper than the ready-to-eat breakfast foods. Cereals are rich in starches and should be thoroughly cooked.

Cereal With Fruit.—For variety, cereal may be cooked with well washed dates, raisins or dried apricots or peaches. Slices or sections of fresh apples, peaches and pears may be added during the last 30 minutes of cooking. Cereal molded in cups may be used for dessert.

Stewed cereal may be served with any fruit previously stewed, or fresh fruits, or the cereal may be cooked in strained fruit juice or milk instead of water.

Cereal as a Vegetable.—Left over cereal may be sliced when cold and fried for luncheon or supper. Cereal cooked in soup stock or with meat and seasoned with salt and pepper and butter may be used as a potato substitute.

GENERAL DIRECTIONS FOR COOKING CEREALS

Use a double boiler or two sauce pans, one a trifle larger than the other. Fill the larger sauce pan or lower part of double boiler $\frac{1}{2}$ full of

water and put the water needed for the cereal in the other vessel. When the water boils add the salt and cereal slowly so that the water does not stop boiling and let boil for ten minutes. Place the pot with cereal into the double boiler and cover and let steam. If the cereal seems to be too thick, add boiling water. The oatmeal, hominy and other coarse grain cereals are improved by soaking overnight in water. They should be cooked in the water in which they have been soaked.

TIME TABLE AND DIRECTIONS FOR COOKING CEREALS

	Water	Cereal	Salt (teaspoon)	
Oatmeal.....	4 cups to 1 cup		$1\frac{1}{2}$	3 hours
Rolled Oats.....	$2\frac{1}{2}$ cups to 1 cup		1	$\frac{1}{2}$ to 1 hour
Rice (boiled).....	8 cups to 1 cup		1	25 to 30 minutes
Rice (steamed).....	3 cups to 1 cup		1	1 hour
Wheat (rolled).....	$1\frac{1}{2}$ cups to 1 cup		1	1 hour
Wheat (granular).....	4 cups to 1 cup		1	1 to 3 hours
Cornmeal.....	6 cups to 1 cup		1	3 to 6 hours
Cracked wheat.....	6 cups to 1 cup		1	3 to 6 hours
Hominy.....	4 cups to 1 cup		1	1 hour

(By using the fireless cooker, the cereal can be boiled 10 minutes over the fire in the evening, and then cooked overnight in the fireless cooker.)

STEAMED RICE

1 cup of rice 1 teaspoon salt 1 quart boiling water or scalded milk

Cook as other cereal, stirring occasionally with fork to prevent sticking. Let it steam in a double boiler 45 minutes. Put in colander and pour cold water over the rice to wash off the sticky substance. Put colander over the lower part of the boiler again and allow the steam to thoroughly dry the rice.

BROWNEH HOMINY

Fry cooked hominy to a golden brown in just enough fat to prevent sticking. Bacon fat or other drippings are preferable to lard because of their flavor. Serve in place of "fried" potatoes.

BATTERS AND DOUGHS

OBSERVE THESE RULES IN MAKING QUICK BREADS

Have all necessary utensils ready and ingredients together before starting work.

Sift flour before measuring. After combining dry ingredients, sift again to distribute the baking powder and seasoning evenly throughout the flour.

Measure shortening accurately and cut into the dry ingredients with spatulas or case knives. If a small amount of fat is used, as in muffins, it may be melted.

Beat the eggs in a bowl and add the liquid, then add gradually to the dry ingredients and beat the mixture thoroughly.

All ingredients should be kept as cold as possible, especially the liquid, and it is advisable to keep the shortening cold for biscuits and pie crust.

Handle batter and dough mixtures as little as possible. Rolling and too much mixing develops gluten and tends to toughen the finished product.

Quick Breads are baked at a temperature ranging from 350° to 450°F. They are sufficiently baked when golden brown in color, shrink slightly from the sides of the pan and when no batter clings to a toothpick that has been inserted in the center of the product.

PLAIN MUFFINS

2 cups flour	3½ teaspoons baking powder	1 egg
4 tablespoons sugar		1 cup milk
2 tablespoons fat	½ teaspoon salt	

Sift the dry ingredients, add gradually the eggs well beaten, milk and fat melted. Grease muffin tins; fill two-thirds full. Bake about twenty-five minutes in a moderate oven not over 350°F. Half a cup less of milk may be used and one cup of berries added to the mixture.

BRAN MUFFINS

1 cup flour	2 cups bran	2 tablespoons melted fat
¾ teaspoon salt	3 tablespoons sugar	About 1½ cups sweet milk
3½ teaspoons baking powder	1 egg	

Sift together the flour, salt and baking powder, blend with this the bran, and add to these dry ingredients the mixture of milk, beaten egg, sugar and fat. Have a thick, but very moist batter. Bake in greased muffin pans in a moderate oven about ½ an hour.

CORNMEAL MUFFINS

¾ cup cornmeal	1 tablespoon sugar	½ teaspoon salt
1 cup flour	1 tablespoon melted fat	¾ cup milk
3 teaspoons baking powder		1 egg

Mix and sift dry ingredients; add milk gradually, egg well beaten, and melted fat; bake in hot oven 400°F. in greased muffin pans about 25 minutes.

CORN CAKE

¾ cup cornmeal	4 teaspoons baking powder	1 egg, well beaten
1 cup flour		1 cup milk
¼ cup sugar	½ teaspoon salt	2 tablespoons melted fat

Mix and sift dry ingredients; add egg, well beaten, milk and the melted fat. Beat. Bake in a shallow, greased pan in a moderate oven 350°F. 20 minutes. One cup sour milk may be used in place of sweet milk, using ½ teaspoon soda and only 2 teaspoons baking powder.

BAKING POWDER BISCUITS

2 cups flour	¾ teaspoon salt	2 tablespoons fat
4 teaspoons baking powder		About ¾ cup milk

Mix and sift dry ingredients. Rub in fat with tips of fingers, or chop in with a knife. Add milk gradually to make a soft dough. Use a knife in mixing. Toss on a well-floured board. Pat and roll out to 1 inch thickness. Cut with biscuit cutter dipped in flour. Place close together on an oiled

pan and bake in a hot oven 450° F. 10 to 15 minutes. For emergency biscuit increase milk to 1 cup and drop by spoonfuls on greased tin or in greased muffin pans and bake.

SOUR MILK OR SODA BISCUITS

2 cups flour	2 teaspoons fat	¾ cup thick sour cream
½ teaspoon soda	½ teaspoon salt	or sour milk enough to
2 teaspoons baking powder		make a soft dough

Follow directions for baking powder biscuits.

SWEET MILK DOUGHNUTS

2 tablespoons fat	4 teaspoons baking powder	½ teaspoon cinnamon or nutmeg
1 cup sugar		
1 egg	1 teaspoon salt	Flour to make a soft
1 cup milk		dough (3 to 4 cups)

Cream the fat, add the sugar, add the milk and well-beaten egg. Add 3 cups flour mixed and sifted with dry ingredients, then enough more flour to make dough just stiff enough to roll. With knife, toss about ½ of dough on lightly-floured board, knead slightly to make smooth. Roll to thickness of about ¼ inch. Use floured spatula freely to prevent dough from sticking to board. Cut with floured doughnut cutter. Fry in deep fat about 2 minutes. They should come quickly to the top. Brown on one side, turn and brown on the other. Turn but once. Drain over fat and then on absorbent paper. When partly cool, or just before serving, sprinkle with powdered sugar, if desired.

POP-OVERS

1 cup flour	¾ cup milk	½ teaspoon melted
¼ teaspoon salt	2 eggs	shortening

Mix salt and flour, add ½ the milk; beat until smooth. Add remaining ½ of milk, well-beaten eggs and shortening. Beat two minutes with egg-beater. Turn into hot greased iron gem pans, and bake about 35 minutes in a hot oven 500°F. until they pop. Then reduce the temperature to 350°F.

Creamed meat or vegetables may be served in pop-over cases; or prune whip, blanc mange or chocolate cream filling may be served in the pop-over cases.

GINGERBREAD

1 cup sour milk	1 cup molasses	2 teaspoons ginger
1½ teaspoons soda	2½ cups flour	1 teaspoon salt
	2 tablespoons melted butter	

Mix soda with sour milk and add to molasses. Sift together flour, ginger and salt, combine two mixtures, add butter; bake in greased pan in moderate oven 350°F. twenty-five minutes.

GRAHAM BAKING POWDER NUT BREAD

3 cups graham flour	1 teaspoon salt	2½ cups milk
1 cup white flour	4 teaspoons baking powder	1 egg
½ cup sugar		1 cup nut meats

Mix and sift dry ingredients; add milk, well-beaten egg and nut meats. Mix thoroughly, put into greased bread pan, let stand 25 minutes in a warm place. Bake about 50 minutes at 350°F. or until done.

RAISIN BREAD

3½ cups flour	1 teaspoon salt	1½ cups milk
4½ teaspoons baking powder	1 egg	1 cup chopped raisins
	1 tablespoon fat	½ cup sugar (or less)

Sift the dry ingredients, reserving a little flour. Add milk, egg and melted fat, beating mixture thoroughly. Sift flour over chopped raisins and stir into mixture. Place in greased bread pan and let stand for 20 minutes. Bake in moderate oven 350°F. 45 minutes to 1 hour.

Chopped dates, or figs, may be substituted for raisins.

BOSTON BROWN BREAD

1 cup cornmeal	1 teaspoon salt	¾ cup molasses
1 cup rye flour	¾ tablespoon soda	¾ cup raisins, if desired
1 cup graham flour	2 cups sour milk	

Sift together dry ingredients. Mix well with sour milk and molasses. If mixture is too stiff, thin with a little water. If raisins are used, either add to dry mixture before liquid, or reserve a little flour, sift well over raisins and stir in last. Fill well-greased molds ¾ full of mixture and tie on the lids which also must be greased. Steam three hours or more, depending on size of molds used. Baking powder cans or other cans with lids can be used for molds.

Keep the water boiling all the time during the steaming. Add more boiling water if necessary.

Cover the kettle during the steaming, and be careful not to jar it while cooking.

GRIDDLE CAKE SUGGESTIONS

Use a frying pan or griddle. Grease the griddle if necessary (soap-stone or aluminum must never be greased). Let fat begin to smoke before cooking the cakes. If large bubbles form at once on top of the cakes, the griddle is too hot.

If the top of the cake stiffens before the under side is cooked, the griddle is not hot enough. Never turn a cake twice. Serve griddle cakes as soon as cooked.

SWEET MILK GRIDDLE CAKES

4 cups flour	1 tablespoon sugar	1½ cups to 2 cups milk
¾ teaspoon salt	2 eggs	2 tablespoons melted fat
3 teaspoons baking powder		

Combine all dry materials and sift. Beat eggs, milk and melted fat together. Add sifted dry materials and beat thoroughly. Place batter in a pitcher. Pour on a hot, greased griddle.

SOUR MILK GRIDDLE CAKES

4 cups flour	1 egg	1½ teaspoons soda
¾ teaspoon salt	2 cups sour milk	1 tablespoon fat

Follow directions given under sweet milk griddle cakes.

ALL RECIPES IN THIS BOOK CALL FOR FLAT OR LEVEL MEASUREMENTS

CORN CAKES

1½ cups flour	1½ teaspoons salt	1½ cups boiling water
1 cup cornmeal	2 tablespoons melted fat	¼ cup milk
4 teaspoons baking powder	½ cup sugar	1 egg

Add meal to boiling water and boil 5 minutes; turn into bowl, add milk and remaining dry ingredients mixed and sifted, then the egg well beaten, and fat. Cook same as other griddle cakes.

WAFFLES

1½ cups flour	½ teaspoon salt	2 egg yolks
3 teaspoons baking powder	2 tablespoons sugar	2 tablespoons melted fat
	1 cup milk	2 egg whites

Measure, mix and sift the first four ingredients; add the milk gradually, then egg yolks and melted fat, and mix thoroughly. Lastly, fold in the stiffly-beaten egg whites. Cook in a well-greased waffle iron.

TOAST

BUTTERED TOAST

Cut bread a day old into ½-inch slices, put slices in a wire toaster or on a grate and place it some distance from the fire that it may dry gradually, and then brown as desired, and butter. Toast, if piled compactly and allowed to stand, soon becomes moist. It should be served as soon after toasting as possible.

CREAM TOAST

Dip slices of toast into white sauce (see page 29). Pour remaining sauce on the pieces of toast and serve hot.

FRENCH TOAST

1 egg slightly beaten	5 slices of bread	2 tablespoons sugar
½ teaspoon salt	1 cup sweet milk	Fat to grease the griddle

Add the salt, sugar and milk to the slightly-beaten egg, dip the pieces of bread into the egg mixture. Cook the soaked slices of bread on a well-oiled griddle; brown on one side, turn and brown on the other. Serve with maple syrup or jelly. Served with stewed fruit, makes a good dessert.

CINNAMON TOAST

Slightly stale bread	1 teaspoon ground cinnamon	1 cup granulated sugar
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Mix together the cinnamon and sugar and transfer to a shaker. Cut the bread ½-inch thick, trim off crusts, and toast quickly so that it will be soft in the middle. Butter generously, shake the cinnamon-mixture over, put together in pairs and cut in triangles. Place in a hot oven for a minute or two and serve on a folded napkin on a hot plate.

ALL RECIPES IN THIS BOOK CALL FOR FLAT OR LEVEL MEASUREMENTS

BREAD AND BREAD MIXTURES

GENERAL DIRECTIONS FOR BREAD MAKING

First.—All utensils used in bread making should be scrupulously clean and scalded before using.

Second.—Scald the liquid, add salt, sugar and fat, then cool to lukewarm temperature.

Third.—Mix the yeast with $\frac{1}{4}$ cup lukewarm liquid, using yeast according to the time desired for the process. If the bread is to be allowed to rise overnight use $\frac{1}{4}$ yeast cake to 1 pint liquid or $\frac{1}{2}$ yeast cake to 1 quart liquid. For bread mixed and baked during the day use 1 yeast cake to 1 pint liquid. If dry yeast is used, mix it with a little lukewarm liquid and flour several hours before adding to the sponge.

Fourth.—Add the yeast mixture to the lukewarm liquid mixture.

Fifth.—Sift the flour, allowing 3 to 4 cups for each cup of liquid. Add $\frac{1}{2}$ of the flour to the liquid mixture and beat thoroughly. Add more flour to make a dough, using a knife, until when touched with the finger, the dough does not stick to the finger. A bread mixer is a time and labor saver. Turn dough onto a slightly floured board; knead by pushing the dough into the palms of the hands and drawing it forward with the fingers. Use as little flour as possible on board and hands while kneading. Continue until the dough is smooth and elastic to the touch. It takes from 15 to 20 minutes to knead with the hands and about 3 minutes in the bread mixer. Thorough kneading makes fine grained bread.

Sixth.—Put dough in a bowl, cover closely, put in a warm (not hot) place and let rise to double its bulk. This may be overnight or in the daytime, depending on the quantity of yeast used. During the rising, ordinary room temperature, from 68 to 75°F., should be kept. The length of time required for rising depends upon the room temperature; the process may be hastened by increasing the temperature from 75 to 88°F.

Seventh.—Knead again, shaping into loaves; divide dough into as many portions as there are cups of liquid in the mixture. Place in pans, if a dark crust is desired, brush over with skimmed milk or melted fat.

Eighth.—Cover and let rise in a warm place to double their bulk.

Ninth.—The baking is as important as the mixing of bread. The temperature of the oven depends somewhat upon the size of the loaves.

If your stove does not contain an oven thermometer, test the oven by spreading one teaspoonful of flour one-quarter of an inch thick on the lid of a jelly glass, and allow it to remain for 5 minutes in the oven. If the flour becomes golden brown, the temperature of the oven is between 400 and 425°F.

Ten minutes after the baking begins, the heat should be decreased gradually. The time for baking bread is usually divided into quarters. The first quarter, the bread rises; the second quarter, it begins to brown; the third quarter, it finishes browning; and the fourth quarter, the baking is completed and the bread shrinks from the pan. Bake loaves from 50 to 60 minutes.

Tenth.—Cool loaves on a rack or place them so the air can circulate freely around the loaf.

ALL RECIPES IN THIS BOOK CALL FOR FLAT OR LEVEL MEASUREMENTS

WHITE BREAD

1 cup scalded milk	1 $\frac{1}{2}$ teaspoons salt	1 yeast cake mixed with
1 cup boiling water	1 tablespoon sugar	$\frac{1}{4}$ cup lukewarm water
2 tablespoons fat		6 cups flour

Follow general directions.

To make potato bread, add 2 cups mashed potatoes to the liquids. Use only 1 cup liquid and less flour is needed.

ENTIRE WHEAT OR BRAN BREAD

1 cup boiling water	1 teaspoon salt	2 $\frac{1}{2}$ cups flour
1 cup scalded milk	4 $\frac{1}{2}$ cups coarse entire wheat flour	$\frac{1}{4}$ yeast cake mixed with
$\frac{1}{2}$ cup molasses		$\frac{1}{4}$ cup lukewarm water

Follow general directions. Use more yeast if bread is not allowed to rise overnight.

RYE BREAD

May be made as directed for entire wheat bread, using rye flour in place of the whole wheat flour.

ROLLS

1 cup boiling water	1 teaspoon salt	1 yeast cake mixed with
1 cup scalded milk	3 tablespoons fat	$\frac{1}{4}$ cup lukewarm water
4 tablespoons sugar	Flour (6 to 8 cups)	

Follow directions for making bread. Mashed potato may be used, and less liquid and flour is required.

PARKER HOUSE ROLLS

Shape the roll dough into biscuits, let rise again, then roll $\frac{1}{4}$ -inch in thickness, and, with the handle of a case knife dipped in flour, crease through the middle of each biscuit, or roll with rolling pin to oblong shape. Brush $\frac{1}{2}$ of each with melted fat, fold and press together. Cover, let rise and bake in a hot oven 12 to 15 minutes.

SOUPS

Cream soup, purée, bisque or chowder are heavy soups and contain sufficient nourishment to be the chief articles of food at a meal. Cream soups are made with thickened milk, combined with meat stock, fish stock or vegetable stock and pulp.

Clear soups, such as bouillon and consommé are used as appetizers at the beginning of a heavy meal.

To clarify soup, use 1 egg-white to each quart of cold stock. Beat egg slightly, and add to stock. Heat gradually till near the boiling point, stirring all the time. Cook gently for 15 minutes. Remove to back of range and add $\frac{1}{2}$ cup cold water. Let stand a few minutes, then strain through cheesecloth placed over strainer. Heat and add any further seasoning desired.

Water in which vegetables are cooked should be saved. Any left-over vegetables heated in this stock and put through a sieve can be made into a vegetable soup by following the directions given for Cream of Potato Soup.

ALL RECIPES IN THIS BOOK CALL FOR FLAT OR LEVEL MEASUREMENTS

SOUP STOCK

To prepare soup-stock follow these directions:

1 pound bone	$\frac{1}{2}$ cup carrot	1 teaspoon sweet herbs
1 pound meat	$\frac{1}{2}$ cup turnip	1 small bay-leaf
1 quart cold water	1 teaspoon salt	1 sprig parsley
$\frac{1}{2}$ cup minced onion	6 peppercorns	1 piece celery root
		4 cloves

Cheap cuts of meat, shin, neck, or joints and small scraps of meat, such as the flank end of steak or left-overs and bones of roasts, may be used for soup-stock. Cut the meat into small pieces. For each pound of meat and bone use about 1 pint of water. Put the meat and bone into cold, salted water. Let soak for an hour. Then let simmer gently about 3 hours. During the last hour of cooking add from $\frac{1}{2}$ cup to a cup of mixed vegetables for each pound of meat. Mixed herbs and spices may be tied in cheese-cloth and added, and left in simmering soup as long as desired. The froth should be skimmed from stock as it rises, if clear soup is desired. When cooking soup stock in a fireless cooker add the vegetables in the beginning.

SCOTCH BROTH

3 pounds mutton from the neck	2 tablespoons salt	4 stalks celery
2 quarts cold water	1 sliced carrot	4 tablespoons barley, soaked overnight
	2 sliced onions	

Remove the skin and fat from meat that has been wiped with a damp cloth. Cut the meat into small pieces, put into the kettle and add the water. Heat gradually to boiling point, skim and cook about 2 hours, adding vegetables at the end of the first hour. Strain, cool and remove any fat. Reheat to boiling point, add barley and cook until the barley is soft. The meat should not be thrown away, but used in stews, croquettes, or meat cakes. If combined with a little broth, the flavor is restored.

SPLIT PEA SOUP

1 cup dried split peas	4-inch cube salt fat pork	2 tablespoons fat
3 quarts cold water	1 ham bone	$\frac{1}{8}$ teaspoon pepper
$\frac{1}{2}$ onion	2 tablespoons flour	$1\frac{1}{2}$ teaspoons salt

Pick over peas and soak overnight; drain; add cold water, pork, ham bone and onion. Simmer 3 or 4 hours, or until peas are soft. Rub through a sieve. Add the flour mixed with fat to soup. Boil 5 minutes, stirring constantly. Add seasonings. Thin with milk if necessary.

CREAM OF POTATO SOUP

4 medium-sized potatoes	2 tablespoons fat	1 teaspoon salt
$\frac{1}{2}$ medium-sized onion	1 quart of milk	$\frac{1}{8}$ teaspoon pepper
	2 tablespoons flour	

Pare potatoes very thin and cook, in enough water to cover, until soft. Drain off water and save. Rub potatoes through a sieve. Heat milk, onion and potato water (about 1 cup) in double boiler. Remove onion and add to potatoes. Melt fat, mix with flour. Stir into hot soup. Season and serve hot. Two tablespoons of finely chopped parsley added just before serving adds greatly to the attractiveness of the soup.

ALL RECIPES IN THIS BOOK CALL FOR FLAT OR LEVEL MEASUREMENTS

CREAM OF CELERY SOUP

3 cups celery, cut in inch pieces	$\frac{1}{2}$ teaspoon salt	2 cups milk
2 cups boiling water	2 tablespoons flour	$\frac{1}{8}$ teaspoon pepper
	2 tablespoons fat	

Wash and scrape celery and cut into inch pieces; add water and cook until very soft and tender; rub through sieve. Heat milk in double boiler, and add milk to celery. Melt fat, add flour and seasoning and mix with soup.

CREAM OF TOMATO SOUP

$\frac{1}{2}$ can or 1 pint tomatoes	1 teaspoon salt	1 slice onion
2 teaspoons sugar	Pepper	$\frac{1}{4}$ cup flour
$\frac{1}{4}$ teaspoon soda	1 quart milk	$\frac{1}{4}$ cup butter

Stew tomato and sugar, strain, add soda and seasoning. Scald milk in double boiler with one slice onion. Add flour well blended with butter; cook thoroughly. Remove onion from milk. Combine mixtures, adding tomato to milk slowly, strain, serve at once in a hot dish.

CORN CHOWDER

Fat salt pork, 1 inch by 3 inches	4 potatoes cut in $\frac{1}{4}$ -inch slices	1 quart milk
1 sliced onion	1 can corn	8 crackers
		Salt and pepper

Cut pork into small pieces and try it out in a pan over a slow fire. Add the sliced onion and cook 5 minutes without burning. Strain fat into a saucepan. Add potatoes and 2 cups boiling water to fat and cook until potatoes are soft. Then add the milk and corn. Heat to boiling point. Season with salt and pepper. Moisten crackers in cold milk. Serve crackers on top of chowder.

FISH CHOWDER

2 cups flaked cod, or fresh cod	1 pint boiling water	1 tablespoon salt
6 potatoes, cut into $\frac{1}{4}$ -inch slices	1 sliced onion	$\frac{1}{8}$ teaspoon pepper
	Salt pork fat, 1 inch by 3 inches	1 quart milk
		8 soda crackers

Try out fat, add sliced onion and cook to a light brown, without burning. Strain fat into saucepan, add potatoes and boiling water and cook 10 minutes. Add the fish and simmer 20 minutes. Add the milk and seasonings. Heat to boiling point and serve with crackers, split and previously dipped in cold milk.

FISH

Fish, like meat, is a building food and contains some mineral matter. For variety it can be used in place of meat. At some seasons of the year fish from local waters can be bought very cheap.

Fish contains the same food value as meat at a much smaller cost, tastes good, and is easily digested.

As white-fleshed fish is considered more easily digested than the red-fleshed, it should be selected for invalids, convalescents or those suffering from weak digestion.

Select a fish that has bright eyes and gills, shiny scales, firm flesh, and is free from a disagreeable odor.

ALL RECIPES IN THIS BOOK CALL FOR FLAT OR LEVEL MEASUREMENTS

PREPARATION OF FISH FOR COOKERY

Cover board or table with paper before laying fish down. Remove scales by scraping a dull knife from tail to head, snapping scales off. Rinse knife in water occasionally. Wet hands before touching fish, and odor will come off more easily.

Dip hands in salt so that fish will not slip, and hold by tail. If inner organs have not been removed in market, make a lengthwise incision in belly and draw or scrape them out carefully, so that membrane which lines cavity is not broken. Remove head if desired. Remove fins with scissors. Wash inside and out in salted water. Sprinkle fish with salt if it is to be kept overnight. Handle fish carefully when cooking, as flesh falls apart easily, and have all utensils well greased, as skin sticks readily when heated.

METHODS OF COOKING FISH

Fish suitable for broiling are: Split mackerel, white fish, cod, shad, trout, etc.; sliced halibut and salmon, white smelts and small fish. To broil—brush with melted fat, sprinkle with flour, salt and pepper, and cook over a flame or clear fire.

Fish suitable for baking whole are: Whitefish, cod, haddock, small salmon, shad. Follow directions for baked fish.

Fish suitable for boiling are: Salmon, halibut, cod, haddock, trout, etc. Cook in piece of cheesecloth. Add 1 tablespoon vinegar and 1 tablespoon salt to each quart of water.

Fish suitable for frying are the white-fleshed ones. Cook in deep fat or saute in a little fat in a frying pan.

TIME TABLE FOR COOKING FISH

Baking—thick fish, a pound.....10 to 15 minutes
 Baking—thin fish, a pound.....8 to 10 minutes
 Boiling—thick fish, halibut, salmon, a pound.....15 minutes
 Boiling—thin fish, such as flounder, a pound.....8 minutes
 Frying—fillets or steak.....4 to 7 minutes
 Frying—smelts or trout.....3 to 5 minutes

When the fish can be easily separated from the bone, the fish is sufficiently cooked.

FISH—BAKED, WITH STUFFING

Select a fish weighing from 2½ to 4 pounds. Bake with the following stuffing:

1 cup crumbs (bread	¼ cup melted fat	½ teaspoon pepper
or crackers, or half	½ teaspoon salt	Few drops onion juice,
and half)	½ teaspoon celery salt	if liked
		½ cup water

Mix ingredients in order given. If a dry filling is desired, the water may be omitted. Three tablespoons catsup, chopped parsley, capers, pickles, or oysters may be added. Clean and wipe the fish. Rub the inside with salt. Fill with stuffing and sew together. Cut diagonal gashes 1½ inches apart on both sides of the fish and place a strip of bacon or salt pork fat in each gash. Brush with melted fat, sprinkle with salt and pepper. Dredge with flour, tie in the shape of a letter "S" and bake in a dripping pan. When the flour is browned, baste the fish once in 10 minutes. Cook until the flesh is firm and separates easily from the bone.

ALL RECIPES IN THIS BOOK CALL FOR FLAT OR LEVEL MEASUREMENTS

BROILED FINNAN-HADDIE

Wash the fish thoroughly; let soak a half hour in cold water, skin side up; cover with water which is simmering, not boiling. Let stand 15 minutes, then drain carefully and wipe dry, brush over with fat and broil over slow fire about 15 minutes. Remove to hot platter, sprinkle with bits of butter, and with juice of half a lemon. Serve at once.

CREAMED FINNAN-HADDIE

Put Finnan-haddie in a baking pan, cover with cold water. Bring water to boiling point slowly. Cook over low fire half an hour. Drain and rinse, separate fish in flakes. Make white sauce No. II, add flaked fish and one or two hard boiled eggs sliced.

BROILED SALT MACKEREL

Let soak in cold water 12 hours, skin side up. Drain and wipe dry. Brush over with melted fat. Broil on a well-greased broiler skin side down, basting with butter once or twice. Remove carefully to serving dish and pour over ½ cup of hot white sauce (page 29). Sprinkle with finely-chopped parsley.

FRIED SMELTS

To clean smelts, spread open outer gills, and with the forefinger take hold of the inner gills and pull gently; the parts unfit for food are all attached to these inner gills, and come away together, leaving the smelt in perfect shape. Rinse thoroughly and wipe dry. If smelts are small, dip in milk and roll in flour, or in egg and bread crumbs. Fry in deep fat.

CODFISH BALLS

1 cup salt codfish	1 egg	½ teaspoon pepper
2 cups potatoes	1 tablespoon butter	

Wash fish in cold water and pull into small pieces, keeping fish in water while doing so. Wash and pare the potatoes and cut into pieces before measuring. Cook the fish and potatoes together in boiling water until the potatoes are tender, then drain and shake over the fire until dry; mash, and beat thoroughly with a wire potato masher. Add the butter, pepper and salt if needed. Cool slightly, then add beaten egg, and beat until light. Take up mixture in a spoon, molding slightly with a knife, and drop into deep hot fat. Fry until brown, about 1 minute. Drain on absorbent paper.

Mixture for codfish balls may be served hot, without frying, or turned into a buttered baking dish and browned in the oven and served as a baked dish, or shaped into flat cakes and sauted in frying pan. To make codfish puff, prepare in same manner, only use two well-beaten eggs. Cook like an omelet.

SCALLOPED FLAKED COD OR OTHER FISH

1 pound flaked cod	1½ cups mashed potato	¼ cup buttered crumbs
1½ cups of white sauce		

Arrange the fish and sauce in layers in a well-greased baking dish. Cover with mashed potatoes and bread crumbs. Bake until heated throughout and crumbs are browned on top. Any kind of cooked fish may be flaked and prepared in this way. Layers of boiled onion or green peas may be used in this recipe.

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SALMON LOAF

1 cup flaked cooked salmon 1 teaspoon salt 1 teaspoon lemon juice
 1 cup stale bread crumbs 1 tablespoon butter 2 egg whites stiffly
 soaked in 1 cup ½ teaspoon onion juice beaten
 scalded milk 2 egg yolks, beaten

Combine ingredients in order given, folding in the stiffly-beaten whites last. Place mixture into a well-greased and crumbed pan and bake in a moderately hot oven or steam the mixture. Serve with white sauce (page 29), or the following:

SAUCE FOR FISH

2 tablespoons butter 1½ cups milk, scalded 2 tablespoons lemon juice
 2 tablespoons flour ½ cup liquid from fish 1 egg yolk

Melt butter, add flour, then heated milk gradually. Add liquid from fish and lemon juice just before removing from fire. Just before serving, beat sauce into yolk of egg. Serve hot. 1 tablespoon catsup may be added if desired.

OYSTERS—FRIED

Select large oysters, remove pieces of shell, wash and wipe dry. Roll in well-seasoned, dry bread crumbs, which have been sifted. Dip in egg (beaten with 1 tablespoon water or oyster juice), and again in the crumbs. Fry in deep fat.

OYSTERS—SCALLOPED

1 quart oysters ½ teaspoon salt 6 tablespoons butter
 2 cups crumbs Cayenne ½ cup liquid

Wash oysters with ¾ cup cold water in colander and remove pieces of shell. Strain the juice. Melt butter, add crumbs and seasoning. Line the bottom of a greased baking dish with ¼ the crumbs then add ½ the oysters. Add ¼ more crumbs, and remainder of oysters and liquid, which may be liquid from oysters or milk. Cover with buttered crumbs. Bake in a moderate oven 30 to 40 minutes. A large shallow pan is always preferable to a deep baking pan, as there should be only 2 layers of oysters.

OYSTER STEW

1 quart oysters ¼ cup butter ½ tablespoon pepper
 1 quart milk ½ tablespoon salt

Clean the oysters by placing in colander and pouring over them ¾ cup cold water. Pick over carefully, removing any bits of shell that adhere. Reserve liquid, heat to boiling point, strain through double cheesecloth over wire strainer. Add oysters, cook until edges begin to curl. Add oysters and liquor to hot, scalded milk; add butter and seasoning. Serve at once.

Paprika, celery salt, onion juice, parsley or mace may be used as additional seasoning, if desired.

For oyster soup, thicken the milk, using ½ tablespoon flour for each cup of milk. Prepare as for white sauce.

MEAT

Good beef is dark, purple in color when first cut, but turns to a bright red. It should be well streaked with a firm fat of yellowish color that

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crumbles easily. The flesh should be firm and, when pressed with the finger, no mark should remain.

Veal should be pink; it is usually less firm than beef. If used too young, it is watery and flabby.

Mutton should be dullish red, rather firm and streaked with firm white or slightly yellow fat.

Lamb, which is in season between May and November, should be pink, with more red color in the bones than mutton.

Pork should be pale in color. It is less firm than beef and has soft fat.

All meat should be removed from the paper wrappings as soon as it comes from the market. Paper absorbs meat juices, and if meat remains in the paper too long, it will taste of the paper. Before cooking, meat should be wiped with a clean, damp cloth, but it should never be put in water because water draws out the meat juices. Meat should always be kept in a cool place.

One of the fundamental, underlying principles in the cooking of meat is that heat hardens protein.

High temperature hardens and toughens meat; therefore, it should only be used to form a coating or to sear the meat on the outside. This also is the best means of retaining the juices, and if lower temperature is used to complete the cooking, the finished product will not be tough and indigestible.

Pounding and chopping helps to break the connective tissue. It is, however, likely to open the thread-like meat fibers and release the juices. If flour is pounded into the meat, it will hold and help retain the juices. The natural flavor of tougher meats is developed by long, slow cooking.

TIME TABLE FOR ROASTING (PER POUND)

Beef, round.....	10 to 12 minutes
Beef ribs (well done).....	12 to 15 minutes
Beef ribs (rare).....	8 to 10 minutes
Mutton, leg (well done).....	15 minutes
Mutton, leg (rare).....	8 minutes
Mutton loin (rare).....	8 minutes
Mutton, shoulder (stuffed).....	15 minutes
Lamb (well done).....	20 minutes
Veal (well done).....	25 minutes
Pork (well done).....	30 minutes
Chicken.....	15 minutes
Duck.....	20 to 25 minutes
Goose.....	18 to 20 minutes
Turkey, 8-pound.....	15 to 20 minutes

BEEF

ROAST BEEF

Wipe meat; rub with salt; put on rack in dripping pan. Place in a hot oven 450° F. until meat is seared on the outside, then reduce the temperature to moderate 350° F. and roast according to above time schedule. Baste the meat every 10 or 15 minutes with the fat that collects in the pan.

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PAN-BROILED STEAK

Trim fat from steak, also part of bone, if desired. Wipe with damp cloth. Heat frying pan till very hot, or until blue smoke arises. Rub surface of pan with little fat. Place steak in pan, searing it quickly, first one side, then on the other and turning every 10 seconds. After both sides are seared, reduce heat under the pan and cook steak more slowly. Stand on edge to brown fat. Keep pan free from fat. Steak is done rare, when well browned and puffy. If one inch thick this will take about 8 minutes. If desired well done, it will require 12 to 15 minutes or more.

HAMBURGER STEAK

Chop finely one pound lean raw beef; season highly with salt, pepper and a few drops of onion juice. Add $\frac{1}{4}$ cup milk gradually; mix with a fork and shape into cakes. Heat a frying pan, rub with the fat of meat and pan-broil the steaks. Turn cakes often during the cooking.

FLANK OR ROUND STEAK, STUFFED AND ROLLED

1 pound top round, or flank $\frac{1}{2}$ inch thick	2 or 3 small slices suet	$\frac{1}{4}$ cup carrot, cubed
	1 onion, sliced	1 cup boiling water or stock

STUFFING

1 cup crumbs	2 tablespoons parsley	$\frac{3}{4}$ teaspoon salt
2 tablespoons butter (melted)	$\frac{1}{4}$ teaspoon onion juice	$\frac{1}{4}$ teaspoon paprika
	2 tablespoons chopped celery	

Trim edges of steak, spread stuffing over it, roll and tie it, and lay it on onion and carrot in pan with suet on top. Pour the water or stock into pan, cook, closely covered, for 20 minutes or more in a hot oven, then uncover and cook 30 minutes longer. Serve with brown gravy made from drippings in pan.

SWISS STEAK

Select a slice of round steak, cut about two inches thick. A steak from the top of the round is preferable. For a small family, half of the slice will suffice for two meals. A full slice from heavy beef will weigh four or five pounds. Pound into the steak, on both sides, as much flour as it will take up (nearly one cup).

Brown the meat on both sides in bacon or salt-pork fat. Peel an onion for each person to be served; cook five minutes with one No. 2 can of tomatoes, pour over the meat and bake about 2 hours at a temperature of 350° F.

POT ROAST OF BEEF—GRAVY

Nearly any of the tougher meats may be used. The rump or lower part of the round is preferable. Wipe meat, sear in hot frying pan, or in the kettle for roasting. Lard outer surface if meat is lean, or few slices of salt pork may be cooked with meat. After meat is seared, add $\frac{1}{2}$ cup boiling water to 2 pounds meat, and cover tightly. Cook slowly until meat is very tender and well browned, adding only enough water to prevent burning. Season when nearly done. Serve with brown gravy made with liquid left in the pan. Instead of water, strained tomatoes may be used with pot roast. For seasoning, in addition to salt and pepper

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a bit of bay leaf, parsley, a few cloves, or slices of carrot may be cooked with the roast.

GRAVY

To each cup of liquid add, gradually, 2 tablespoons flour mixed till smooth, with an equal quantity of cold water. Cook as white sauce. Strain.

VEAL

ROAST VEAL

The leg, cushion (thickest part of leg), and loin are suitable pieces for roasting. When leg is to be used, it should be boned. Wipe meat; sprinkle with salt and pepper; stuff and sew in shape. Place on rack in dripping pan, dredge meat and bottom of pan with flour, and place around meat strips of salt pork. Have oven hot 450° F. until meat is seared over; then reduce. Bake three or four hours in moderate oven 350° F., basting every fifteen minutes with one-third cup butter melted in one-half cup boiling water, until used; then baste with fat in pan. Serve with brown gravy.

VEAL LOAF

2 pounds veal	1 tablespoon chopped	$\frac{1}{2}$ cup dry crumbs
$\frac{1}{2}$ pound fat salt pork	Parsley	2 tablespoons tomato catsup
2 teaspoons salt	1 tablespoon lemon	$\frac{1}{2}$ cup milk
$\frac{1}{2}$ teaspoon pepper	juice, if desired	1 egg
		1 onion

Select lean veal, remove skin and membrane, chop fine with salt pork. Add crumbs, seasoning. Brown minced onion in little fat, before adding. Beat egg slightly, add with milk, mix well. Pack in a bread pan, smooth evenly on top and bake in slow oven two hours, basting frequently with $\frac{1}{4}$ cup bacon fat. Meat may be shaped into loaf in roaster and baked in oven. May be served hot, with brown gravy or tomato sauce, or may be used cold.

VEAL CUTLETS

2 $\frac{1}{2}$ pounds veal (from round)	Pepper	Fine bread crumbs
Salt	4 tablespoons drippings or butter	1 egg
		1 tablespoon water

Wipe meat and cut into pieces for individual serving, removing bone, skin, and tough membranes. Skewer small pieces of meat together with wooden tooth-picks. Beat egg and water, so that white is well broken, but not light. Dip meat in sifted, seasoned bread crumbs; dip in egg, then in crumbs again. Melt fat in frying pan. When hot, brown cutlets quickly on both sides. Pour sauce over cutlets, cover, then cook at low temperature for one hour or until tender, turning occasionally.

SAUCE FOR CUTLETS

2 tablespoons fat	$\frac{1}{2}$ teaspoon pepper	2 tablespoons chopped
$\frac{1}{4}$ cup flour	1 pint stock, water, or	parsley, or lemon
$\frac{1}{2}$ teaspoon salt	strained tomato juice	juice, or horseradish
1 teaspoon Worcestershire		

Make according to directions for white sauce.

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VEAL AND HAM PIE

1½ pounds veal	1 teaspoon powdered	1 tablespoon chopped
2 hard cooked eggs	herbs, salt, pepper,	parsley
½ pound ham	red pepper and mace	Pastry or biscuit dough
1 tablespoon flour	to taste	Stock
1 teaspoon grated		
lemon rind		

Cut veal and ham into thin slices. Trimmings from roast may be used. Mix on plate the flour, salt, pepper, red pepper, mace, powdered herbs, and lemon rind, roll each piece of veal in this seasoning, and lay in deep casserole, alternately, layers of veal, ham, and eggs cut in slices; pile this in center of the dish, add one cupful of water, and parsley; cover with dough and bake in hot oven for one and a quarter hours.

When baked, add a little well-seasoned stock. Serve hot or cold.

KIDNEY STEW

1 pound kidney	½ medium-sized onion	2 tablespoons flour
1 carrot	2 cups water	2 tablespoons drippings

Scrape and slice carrot, peel and slice onion, and cook together in two cups of water until tender. Soak kidneys in water for one hour. Drain, clean and dry. Dredge with flour, slice, and brown in frying pan with drippings. Remove kidneys from frying pan, add flour to the fat and brown. Add to this the two cups of water in which the carrots and onions were cooked. Boil until thickened. Add kidneys, onion and carrots. Season with salt and pepper, cook for three minutes and serve.

LIVER

LIVER AND BACON

Cover slices of liver with boiling water and let stand 5 minutes. Fry bacon, then fry liver in bacon fat.

BRAISED LIVER

Take a calf's liver and skewer into shape. Place a small piece of fat pork or bacon on the top of it and around it. In the covered baker, place one-fourth cup each of diced carrot, onion and celery. Add one-fourth teaspoon of peppercorns, two cloves, a bit of bay leaf and two cups of water or of brown stock. Cover closely and bake slowly for two hours, removing the cover during the last twenty minutes. Make a brown sauce, using the liquid, and pour it around the liver on serving.

LAMB AND MUTTON

Rules for Roast Beef can be followed for Roast Lamb. The leg, shoulder, or loin are suitable for roasting.

LAMB OR MUTTON STEW

2 pounds lamb or	½ cup carrot	6 potatoes
mutton	½ cup celery	1 teaspoon salt
1 onion	1 quart stock or water	¼ teaspoon pepper

Cut meat into 2-inch cubes. Reserve the tenderest pieces of meat. Place the tougher portions and bone in cold water or stock. Put over

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slow fire and heat gradually to boiling point. Dredge reserved meat with flour, and sauté in marrow drippings, or pork fat, and add to stew. Let simmer about two hours. In same frying pan brown onion, cut in slices, celery, and carrot diced. Cook until meat and vegetables are nearly done, then remove bones, skim off fat and add potatoes which have been parboiled 10 minutes, and drained. Season. Add boiling water if needed. Ten minutes before potatoes are done, add dumplings. Thicken gravy after removing meat, vegetables and dumplings.

DUMPLINGS

2 cups flour	4 teaspoons baking	½ teaspoon salt
	powder	1 cup milk or water

Sift dry ingredients together in mixing bowl. Mix to drop batter with liquid. Drop from spoon into boiling stew, being careful that there is plenty of water and no possibility of boiling dry. Cover closely and cook undisturbed, and rapidly, for from ten to twenty minutes, depending on size of dumplings.

BRAISED LEG OF MUTTON

Have the butcher bone a leg of mutton. Wipe, stuff, sew and place in deep pan. Cook five minutes in one-fourth cup butter, a slice each of onion, carrot, and turnip cut in dice, one-half bay leaf and a sprig each of thyme and parsley; then add three cups hot water, one and one-half teaspoon salt, and twelve peppercorns. Pour over mutton, cover closely and cook in oven slowly three hours, uncovering for the last half hour. Remove from pan to hot platter. Brown three tablespoons butter, add four tablespoons flour, then pour on slowly the strained liquor; there should be one and three-fourths cups.

PAN BROILED CHOPS

Chops may be either loin or rib. Wipe and remove superfluous fat. Put chops in a smoking hot frying pan. Sear quickly on both sides. Sprinkle with salt and pepper. Reduce the heat and continue cooking, turning frequently. For rare chops cook about eight to ten minutes, for well done ten to fifteen minutes.

PORK

ROAST PORK

Wipe pork, sprinkle with salt and pepper, place on rack in dripping pan or roaster, and dredge meat and bottom of pan with flour. Place in moderate oven and roast three or four hours, basting every fifteen minutes with fat in pan. For roast pork, the usual rule is twenty-five minutes to the pound. Make gravy, using same proportions as White Sauce I. (see page 29), substituting water for milk.

PORK CHOPS WITH DRESSING

6 pork chops	2 tablespoons pork fat,	¾ teaspoon salt
½ onion, finely chopped	chopped	¼ cup hot water
1½ cups bread crumbs	½ teaspoon pepper	1 beaten egg

Mix bread crumbs, pork fat, seasonings, water and egg. Spread on pork chops. Put chops in a pan close together; add a little water to cover bottom of pan and bake in a moderately hot oven 1 hour, basting occasionally.

ALL RECIPES IN THIS BOOK CALL FOR FLAT OR LEVEL MEASUREMENTS

BAKED HAM

2-pound ham 1 cup brown sugar 4 dozen cloves

Wash a ham thoroughly and place in kettle with cold water. Cook slowly until tender. Remove from kettle and remove outside skin. Sprinkle with brown sugar and dot with cloves about one inch apart. Bake about 1 hour in a moderate oven 350°F. basting with cider and water.

BAKED SLICE OF HAM

Melt about 2 tablespoons of brown sugar in a frying pan, place a slice of ham about 1½ inch thick in the pan and brown it on both sides. Pour 1 cup of milk around it and bake in a slow oven 300°F. about 30 minutes. Remove the ham, thicken the gravy and serve.

PLAIN FRIED HAM

Cut a thin slice from the center of a ham and gash the fat on the edge in several places; put in hot frying pan, brown quickly on one side, then turn and brown lightly on the other side. Then cook very slowly until tender. Apples cored and sliced but not peeled may be fried in the ham fat and served with the ham.

POULTRY

ROAST CHICKEN

After chicken has been dressed and cleaned, fill with stuffing, truss securely in compact shape, and lay on its back in roasting pan. Dredge with flour, salt and pepper, dot with bits of butter, if desired, and place in hot oven. As soon as flour is browned, reduce temperature to 350°F., begin to baste with cup of hot water every ten minutes. Cook until breast meat is tender, about 2 hours for 4-pound chicken. Longer for larger chicken.

STUFFING FOR ROAST CHICKEN

4 cups bread crumbs 1 egg, slightly beaten 2 tablespoons butter,
2 teaspoons salt ½ teaspoon poultry melted
¼ teaspoon pepper seasoning or onion 2-3 cups boiling water

Mix in order given, combine thoroughly and use to stuff chicken. Butter may be omitted if chicken is fat, or beef drippings may be substituted. If a dry, crumbly dressing is desired, omit the boiling water.

CHICKEN FRICASSEE

3 pounds chicken ½ bay leaf ½ cup chopped salt pork
1 onion 1 teaspoon salt fat or other fat
2 cloves ½ cup flour

Singe, draw and disjoint a 3-pound chicken. Wash and rinse carefully. Put into a saucepan with 1 quart of water, 1 sliced onion with 2 cloves pressed into it, bay leaf and salt. Simmer slowly until tender. Remove chicken, dredge the pieces generously with the flour, salt and pepper, and brown in the salt pork fat or other fat in a frying pan. When the pieces of chicken are nicely browned on both sides, add the stock in which the chicken has been cooked. If the gravy is not thick enough, add flour thickening to it. Season to taste. Arrange the browned chicken on a platter. Pour the gravy over it. Surround with a border of boiled rice. This is a good way to utilize fowls which need long, slow cooking to make them tender.

TO FRY CHICKEN

Select young chicken. Cut up. Wash, drain, but do not dry. Dredge well with flour and seasoning. Use drippings for fat—salt pork, bacon, beef or chicken fat will do, or use part butter and part other fat. Cook chicken slowly in fat in frying pan until tender, and well browned. Serve with cream or milk gravy.

CHICKEN A LA KING

2 tablespoons butter 2 tablespoons flour 2 cups cooked chicken
½-pound fresh mush- 2 cups milk or cut in pieces
rooms 1 cup milk and 1 cup 1 pimento
1 teaspoon salt chicken stock ¼ teaspoon pepper

Melt the butter, add the mushrooms, cover and cook about 5 minutes, dredge with flour, add seasonings and liquid, chicken and pimento. Allow to cook a few minutes until sauce thickens, serve on toast or in patty shells.

CHICKEN A LA MARYLAND

Cut up chicken as for fricassee. Dip in egg and bread crumbs. Bake in oven, adding small amount of water and basting frequently. Fifteen minutes before removing from oven, add 2 cups cream or milk, and simmer gently. Remove chicken, and thicken liquid.

CHICKEN PIE

1 chicken Bit of bay leaf ½ cup flour
½ onion Salt Pie crust or biscuit
1 tablespoon parsley ½ teaspoon pepper dough

Dress, clean, and cut up chicken. Put in a stewpan with onion, parsley, and bay leaf, salt and pepper. Cover with boiling water, and cook slowly until tender. Thicken stock with flour diluted with enough cold water to pour easily. Cover the chicken mixture with crust in which several incisions have been made. Wet edge of crust and put around a rim, which is close to edge. Bake in a moderate oven 350°F. until crust is well risen and browned.

PRUNE AND APPLE STUFFING

3 cups bread crumbs 1 cup apples, pared, cut ½ cup soaked, stewed and
¼ cup melted fat in eighths, and stewed stoned prunes
1 teaspoon salt in a little sugar ½ cup nut meats, broken
Few grains pepper into pieces, if liked

MASHED POTATO STUFFING

2 cups mashed pota- ½ cup chopped, par- 2 tablespoons melted
toes, highly seasoned boiled onions fat
with salt and pepper 2 egg yolks ¼ teaspoon sage

Mix ingredients in order given.

LEFT-OVER MEATS

GENERAL DIRECTIONS

Almost any left-over meat may be combined with other foods, well seasoned, and be made up into very palatable dishes. Beef, veal, mutton,

lamb, chicken, and ham are all desirable and may be combined. Fish may be substituted for meat in many recipes.

Trim off carefully all non-edible parts.

Cut or chop meat in fine pieces of uniform size. Do not mash.

CASSEROLE OF RICE AND MEAT

2 cups chopped, cooked meat	$\frac{1}{4}$ teaspoon onion juice	$\frac{1}{4}$ cup fine bread crumbs
1 teaspoon salt	1 tablespoon chopped parsley	4 cups cooked rice
$\frac{1}{4}$ teaspoon pepper	1 egg	

Season the meat, mix with crumbs and beaten egg, and add meat stock to make mixture pack easily. Line a greased mold, or baking pan, with 2 or 3 cups rice. Pack rice well and fill with meat, cover with the remainder of the rice, cover tightly and steam or bake about 45 minutes. Remove from mold. Serve with tomato sauce.

SHEPHERD'S PIE OR SCALLOPED MEAT

2 cups chopped, cooked meat	2 cups left-over gravy	$\frac{1}{2}$ teaspoon paprika
	1 teaspoon salt	1 teaspoon onion juice
2 cups mashed potato	$\frac{1}{2}$ teaspoon pepper	1 or 2 tablespoons butter

It is unnecessary to follow above proportions. Use available amounts of meat and potato, and gravy, and season to taste. Line bottom of buttered baking dish with well beaten mashed potato (either hot or left-over.) Add thick layer of meat and gravy, then layer of potato, until dish is full. Make the top crust of potato. Dot with bits of butter. Or, meat and gravy may be placed in lower part of baking dish with single thick layer of mashed potato for the crust. Stiffly beaten egg white may be folded into mashed potatoes before adding to meat, if desired. Bake in hot oven till potatoes are brown, or if cold potatoes have been used, till thoroughly heated and browned. Crumbs, macaroni or rice may be substituted for potatoes.

MINCED MEAT ON TOAST

Use any meat, heating in gravy, white sauce, or tomato sauce. Add butter, season well, and serve on hot toast.

HASH

1 to 2 cups chopped meat	$\frac{1}{4}$ teaspoon pepper	3 to 4 tablespoons butter
2 cups cubed potato	1 teaspoon mixed onion or celery	Enough milk, water or stock to moisten
1 teaspoon salt		

Any available left-over meat may be used, taking about equal parts of meat and potato. Chop meat first, then add potato and chop together. Season. Melt fat (1 tablespoon to each cup of hash) in frying pan, spread hash in evenly and cook slowly for 20 minutes. Shake the pan occasionally to prevent sticking. The hash may be put in a buttered pan and baked in the oven.

BAKED RICE AND MEAT

2 cups cold cooked meat (chicken, beef, veal or lamb)	1 cup canned tomatoes, salt and pepper	1 tablespoon Worcestershire sauce
2 cups meat stock	$\frac{1}{2}$ cup rice	2 medium-sized onions
	2 tablespoons butter	

ALL RECIPES IN THIS BOOK CALL FOR FLAT OR LEVEL MEASUREMENTS

Cook the meat, which has been cut in cubes, stock, tomatoes, one of the onions cut fine, Worcestershire Sauce and seasonings together for about ten minutes. Melt the butter in a frying pan and add the onion and uncooked rice. Allow both to brown slightly and add them to the other mixture. Turn all into a buttered casserole and bake 40 minutes.

MEAT CROQUETTES

2 cups chopped, cooked meat	$1\frac{1}{2}$ cups white sauce, III, (see below)	$\frac{1}{2}$ teaspoon salt $\frac{1}{2}$ teaspoon pepper
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PREPARATION OF CROQUETTES

In general, use equal amounts of white sauce and meat. Less will be needed if meat is freshly cooked than if canned meat is used. Meat should be chopped fine, seasoned rather highly, then moistened with sauce as soft as can be handled. Let chill thoroughly on flat dish, then divide evenly into separate portions, allowing 2 tablespoons for each croquette. Shape into balls, cylinders, cones or any desired shape. Roll and sift dry crumbs, beat egg with 1 tablespoon water. Roll croquettes in crumbs, dip in egg, again roll in crumbs, and fry in deep fat, till light brown in color. Drain on oiled paper. They may be served with sauce.

Any meat or combination of meats may be used. Fish, eggs and macaroni may be used in same way. Seasoning may be onion, parsley, celery salt. Lemon juice combines well with fish or chicken.

MEAT SAUCES AND RELISHES

HOLLANDAISE SAUCE

$\frac{1}{2}$ cup butter	$\frac{1}{4}$ teaspoon salt	1 tablespoon lemon juice
2 egg yolks	Sprinkle of cayenne	

Mash the butter, divide in three pieces. Put one piece in a pan with the egg yolks and lemon juice and cook over hot water, stirring constantly with wire whisk. Don't let water touch pan or egg will cook too quickly. As the sauce thickens, add the second piece of butter, then the third. Remove from fire, add seasoning. One tablespoon of cream added helps to keep the sauce from separating.

MINT SAUCE

8 stalks mint, or	2 tablespoons sugar	$\frac{1}{2}$ cup vinegar
2 tablespoons dry mint		

Wash mint and pick leaves from stems. Chop fine. Add sugar to vinegar. Pour over mint leaves. Let stand one hour.

CREAM OR WHITE SAUCE

I	II	III
1 cup milk	1 cup milk	3 tablespoons butter
1 tablespoon flour	2 tablespoons flour	3 tablespoons flour
1 tablespoon butter	2 tablespoons butter	1 cup milk
$\frac{1}{4}$ teaspoon salt	$\frac{1}{4}$ teaspoon salt	1 teaspoon salt

Melt butter in saucepan, then add flour, stirring till mixture becomes foamy, but not brown. Add milk, continue stirring to insure smoothness, cook till thickened. Season.

White sauce I is used in preparation of creamed vegetables. II is used in cream soups and scalloped dishes. III is that usually used for croquettes.

ALL RECIPES IN THIS BOOK CALL FOR FLAT OR LEVEL MEASUREMENTS

The general rule for use of white sauce for creamed scalloped vegetables is to use half as much white sauce as vegetables. For example, for one pint of potatoes, use one cup of white sauce.

For croquettes, use equal amounts of white sauce and meat. Chill mixture before using.

CHILI SAUCE

1 peck ripe tomatoes, finely chopped	6 green peppers (small) finely chopped	3 tablespoons salt
12 onions (size of egg) finely chopped	1 pint brown sugar	$\frac{1}{2}$ tablespoon allspice
	1 pint vinegar	1 tablespoon cinnamon
		$\frac{1}{2}$ tablespoon cloves
		$\frac{1}{2}$ teaspoon paprika

Mix the first six ingredients together and cook until nearly done, before adding the spices.

MUSTARD PICKLE

1 quart small cucumbers	1 quart green tomatoes, sliced	3 small heads cauli- flower, torn apart
1 quart large cucumbers, sliced or diced	2 quarts small green tomatoes	6 green peppers, cut in strips
2 quarts small pearl onions	2 quarts butter beans or celery cut in 2-inch pieces	

Prepare vegetables overnight and soak in a strong brine made by adding 2 cups of salt to each gallon of water. In the morning bring to the boiling point and let simmer until vegetables are tender.

Drain thoroughly in a colander and cover with the following mustard dressing: Mix together $1\frac{1}{2}$ cups sugar, 4 tablespoons each flour and powdered mustard, $\frac{1}{2}$ tablespoon turmeric, 1 teaspoon celery salt; add slowly 3 pints of hot vinegar; stir till smooth. Cook in double boiler till it thickens. Pour over hot vegetables; simmer for five minutes. Pack in hot, clean jars.

MEAT SUBSTITUTES

The need of tissue-building foods in the diet is a well understood fact and their principal source is meat. Among the various foods which may be used in place of meat are: Eggs, poultry, fish, game, cheese, milk, legumes, some cereals, and nuts.

There are other tissue-building foods than meat and they may be substituted for it in the diet. Eggs, cheese and milk are the chief ones. Whole grains and legumes, while not what are known as complete proteins, make a satisfactory substitute for meat when combined with eggs, cheese or milk.

EGGS

SCRAMBLED EGGS

6 eggs	3 tablespoons butter	$\frac{1}{2}$ teaspoon salt
6 tablespoons milk	$\frac{1}{2}$ teaspoon pepper	

The general rule is to use 1 tablespoon milk and $\frac{1}{2}$ tablespoon butter for each egg. Beat eggs slightly to mix whites and yolks, add salt, pepper and milk. Put butter into hot omelet pan. When melted, pour in the

mixture. Cook slowly at a low temperature, until creamy consistency, lifting from bottom of pan with spatula, as it thickens. Do not stir, but leave in rather large masses. Serve on hot buttered toast.

BAKED EGGS

Toast circular pieces of bread from which a little of the centers have been removed. Place pieces on a buttered dish. Break an egg and drop contents in the center of bread. Sprinkle with salt and pepper, dot with butter, pour on a little milk or cream and bake in a moderate oven until eggs are cooked.

BAKED EGGS WITH CHEESE

Follow directions for baked eggs, sprinkling slices of toast with cheese before eggs are dropped onto them, or slip eggs into buttered egg shirrers. Cover with white sauce, sprinkle with grated cheese and buttered crumbs. Bake until eggs are set.

SCALLOPED EGGS AND HAM

4 hard-cooked eggs	$1\frac{1}{2}$ cups buttered hard crumbs	1 pint white sauce
$\frac{3}{4}$ cup or 1 cup cold chopped ham or meat		

Chop the eggs, and follow the rule, alternating the eggs and meat, or add chopped eggs and meat to the sauce.

CREAMY OMELET

6 eggs	1 teaspoon salt	3 tablespoons butter
$1\frac{1}{2}$ cups white sauce	$\frac{1}{4}$ teaspoon pepper	

II (see page 29)

Make either French or Puffy omelet, using white sauce instead of water. Pour another half cup white sauce around it before serving, after it has been placed on a hot platter.

EGGS FLORENTINE

On a bed of cooked and seasoned spinach place eggs which have been poached. Pour over white sauce No. II seasoned with grated Parmesan Cheese.

FRENCH OMELET

6 eggs	$\frac{1}{2}$ teaspoon salt	3 tablespoons butter
6 tablespoons liquid	$\frac{1}{4}$ teaspoon pepper	

The general rule is for each egg use 1 tablespoon liquid, $\frac{1}{2}$ tablespoon butter. Season to taste.

Break eggs into bowl, beat slightly to mix, or until they can be taken up on spoon; add seasonings and liquid, which may be cold water, milk, or stock. Have ready a smooth, hot pan (light weight, small pan is best) in which butter has been melted. Shake the pan so that every part is coated with butter. Pour beaten eggs into pan. As eggs cook, shake pan lightly, and with fork or spatula, gently lift egg. Tip pan, so that some of uncooked portion can run to side. When puffed, creamy, and lightly browned on the bottom, take pan in left hand, tilting pan downward. With knife loosen edge of omelet from pan. Make slight cut in middle at each side at right angles to the handle of the pan, but not entirely through the omelet. Fold quickly, and turn on to a hot plate, from which it is to be served, at once.

STUFFED EGGS

5 hard-cooked eggs 1 cup white sauce (see page 29) 1 teaspoon salt
 3 tablespoons American cheese (grated) 1 tablespoon butter
 1 teaspoon vinegar $\frac{1}{4}$ teaspoon mustard Few grains of cayenne

Cut the hard-cooked eggs in halves lengthwise; remove yolks, mash, add grated American cheese, vinegar, mustard and salt and a few grains of cayenne. Add melted butter. Shape in balls size of original yolks, refill whites. Place in a baking dish, pour around white sauce. Bake in an oven with buttered crumbs.

CHEESE DISHES

One pound of cheese contains as much fuel value as 2 pounds of meat. Cheese may be added to white sauce and served with boiled rice or boiled vegetables or plain on toast. Cheese may be combined with left-over cereal mush, and baked as a soufflé or shaped into cakes and baked in the oven or browned in a little fat in a pan.

CHEESE FONDU

1 cup stale bread crumbs 1 cup milk $\frac{3}{4}$ teaspoon salt
 1 cup or $\frac{1}{4}$ lb. cheese 2 eggs $\frac{1}{4}$ teaspoon mustard
 (cut fine) 1 tablespoon butter $\frac{1}{8}$ teaspoon paprika

Mix bread, milk and cheese in a double boiler. When cheese is melted, add eggs, beaten until well mixed, add seasonings. Cook until thick and perfectly smooth.

The same mixture may be prepared by placing bread and cheese in layers, in buttered pudding dish, and pouring over it milk, mixed with egg and seasoning, then baking till firm, in moderate oven 325°F. testing with knife, as for all custard mixtures. Dish should be set in pan of water to bake.

Macaroni, rice, or other cooked cereal may be substituted for bread crumbs. More or less cheese may be used. One egg will often be sufficient, or three may be preferred. Whites and yolks may be separated and whites stiffly beaten, folded in last. Then bake in buttered pudding dish.

RAREBIT

$\frac{1}{2}$ cup milk or cream 2 tablespoons butter $\frac{1}{2}$ teaspoon salt
 2 cups or $\frac{1}{2}$ lb. cheese 1 egg sprinkle cayenne

Put milk and grated cheese in upper part of double boiler, or blazer of chafing dish. When cheese is melted, add butter. Pour this mixture over egg, slightly beaten, then return to double boiler. Add seasoning. Stir constantly, and cook until smooth and thick. Serve at once, over slices of toast, or hot crisp crackers.

COTTAGE CHEESE

Heat sour milk to about 100°F. and turn into a strainer lined with cheesecloth. Pour over one quart hot water. Let curd hang in cheesecloth bag until all whey has drained off. Add enough cream and melted butter to moisten. Add salt.

ALL RECIPES IN THIS BOOK CALL FOR FLAT OR LEVEL MEASUREMENTS

MACARONI AND SPAGHETTI

Macaroni and spaghetti are starchy foods, and dishes made from either are served in place of potatoes, and when combined with cheese, also as a meat substitute. If they are carefully and thoroughly cooked, they are pleasing in appearance and palatable. They should be cooked in rapidly boiling, salted water until tender, then drained and rinsed in cold water. This keeps the pieces from becoming mushy and sticking together. They may be used interchangeably in recipes, for they differ in form, rather than in content.

SPAGHETTI AND TOMATOES

Cook spaghetti in boiling salted water until tender. Drain and rinse. Put a layer of the spaghetti in a buttered baking dish. Cover it with a layer of tomato sauce made like White Sauce II, using strained canned tomatoes instead of milk. Dot with $\frac{1}{4}$ -inch cubes of bacon and onion, chopped fine. Repeat layers until dish is full. Cover with buttered crumbs and put in an oven and bake until hot throughout. A little grated cheese may be sprinkled on each layer of tomatoes if desired.

MACARONI WITH CHEESE

1 cup macaroni $\frac{1}{4}$ cup chopped or grated cheese Buttered crumbs
 1 $\frac{1}{2}$ cup white sauce (see page 29)

Break macaroni into pieces one inch long, boil, strain and rinse. Stir cheese into hot, well-seasoned white sauce and put macaroni and sauce in buttered baking dish in layers; sprinkle buttered crumbs on top and brown well in hot oven.

For other meat substitutes see special vegetable recipes.

VEGETABLES

Vegetables should form a large part of our daily diet. They contain water and mineral matter and also health-promoting vitamins. In addition they contain woody fibres or cellulose which stimulate the intestines.

GENERAL RULES FOR COOKING VEGETABLES

Wash thoroughly. Pare, peel or scrape, if skins must be removed. Skins should be left on to keep in all the food value possible. Beets must never be peeled before cooking. Soak in cold water until ready to cook. Cook in freshly boiling salted water until tender.

Allow 1 teaspoon salt to 1 quart of water. Use as little water as is possible without burning, except for strong flavored vegetables like cabbage and turnips. These should be cooked uncovered in a large quantity of water. Greens like spinach and kale, need only the water which clings to them from washing. To preserve the color of green vegetables, cook uncovered. Water in which vegetables have been cooked is called vegetable stock and should never be thrown away, but used in soups and sauces.

Winter vegetables should be kept in a cool, dark, dry place. Fresh vegetables may be washed and kept on ice in a clean piece of cloth.

Time for cooking vegetables varies with the age of the vegetables and the hardness of the water. Never add soda to vegetables as it has a tendency to destroy the vitamins.

ALL RECIPES IN THIS BOOK CALL FOR FLAT OR LEVEL MEASUREMENTS

GENERAL TABLE FOR COOKING VEGETABLES

Vegetables	Special Directions	Time for Cooking	Serve
Asparagus	Tough lower ends cut off	20 to 40 minutes	On toast with drawn butter or other sauce
Beets (old)	Cook unpeeled	1 to 4 hours	With butter
Beets (young)	Cook unpeeled	45 minutes	With vinegar
Green Beans	Remove strings and cut in 1-inch lengths	1 to 2 hours	With butter
Brussel Sprouts	Remove wilted or yellow leaves. Soak in salt cold water for an hour.	15 to 20 minutes	With butter or any sauce.
Cabbage	Cut small head of cabbage into 4 parts. Soak in cold salt water.	25 to 45 minutes	With butter or cream sauce.
Carrots	Scrape, do not peel. Cut in slices or cubes if large or old.	20 to 30 minutes	With butter or cream sauce, or see p. 36.
Cauliflower	Remove green leaves and thick stalk. Soak head down in cold water containing teaspoonful of salt and teaspoonful of vinegar.	20 to 25 minutes	With butter or cream sauce.
Celery	Remove leaves. Scrape stalk. Cut in 3-inch pieces.	30 minutes	With butter or cream sauce, or see p. 36.
Cucumbers	Peel and cut in thick slices.	15 minutes	With butter or flour and butter sauce.
Corn on cob	Remove husks and silk.	15 to 20 minutes	Wrap in napkin.
Egg Plant	See page 37 for special recipe.		
Mushrooms	See page 37 for special recipe.		
Onions	Peel and cut off roots.	20 to 40 minutes	With butter or cream sauce, or see p. 37.
Okra	See page 37 for special recipe.		
Parsnips	Wash and boil and then scrape off the skins. Cut in slices.	35 to 40 minutes	With butter or cream sauce.
Peas	Shell and boil slowly. Add salt when nearly done.	20 to 40 minutes	With butter or a little milk, or see p. 38.
Potatoes	Scrape when old and cook with skins on when young.	25 to 30 minutes	See pp. 38, 39.

ALL RECIPES IN THIS BOOK CALL FOR FLAT OR LEVEL MEASUREMENTS

Vegetables	Special Directions	Time for Cooking	Serve
Spinach	Wash thoroughly in five or six waters. Use very little water in cooking.	15 to 20 minutes	Chopped and served with butter and a little vinegar, if desired, or with cream sauce.
Squash (summer)	Peel and cut (if the squash is very old the seeds should be removed).	30 to 35 minutes	Mashed, with salt, pepper and butter.
Squash (winter)	May be served as summer squash, only always remove seeds and stringy portion.	1 to 1½ hours	Mashed. See p. 39.
Tomatoes	Peel and cut in pieces.	20 to 30 minutes	Add sugar, or salt and pepper, or see p. 39.
Turnips	Peel and slice. Mash with wooden masher when done.	40 to 50 minutes	Mashed, with butter, salt and pepper, or see p. 40.
Lima Beans	Boil gently and add salt when they are nearly done.	25 to 30 minutes	With butter.

ASPARAGUS

Tough lower ends should be cut off. Cook in deep sauce-pan standing upright. The steam will cook the tender tips while the hard stalks will be cooked in the boiling water. Or break into inch pieces, cooking tip parts first and adding the tender tips the last 15 minutes. Serve on toast with drawn butter or with white or Hollandaise sauce or bake the cooked asparagus with Golden sauce.

GOLDEN SAUCE

3 tablespoons butter	$\frac{1}{4}$ teaspoon salt	1 teaspoon lemon juice
3 tablespoons flour	$\frac{1}{8}$ teaspoon pepper	or vinegar
1½ cups milk	2 egg yolks	

Make sauce of first three ingredients, salt and pepper. Beat egg yolks slightly and just before serving, add sauce and heat. Add lemon juice and serve at once.

BUTTERED VEGETABLES

Most vegetables may be served buttered. After they are boiled and drained, they should be returned to the stove and the butter and seasoning added. The pan should be well shaken so the butter will coat the vegetables.

SCALLOPED CABBAGE

$\frac{1}{2}$ head cabbage	$\frac{1}{4}$ teaspoon pepper	$\frac{1}{2}$ cup bread crumbs
1½ cups white sauce (see page 29)		1 teaspoon salt

ALL RECIPES IN THIS BOOK CALL FOR FLAT OR LEVEL MEASUREMENTS

Soak and wash half a head of firm cabbage in salted water. Then boil cabbage. Allow to cook and cut fine. Into a well-greased baking-dish put a layer of well-seasoned cabbage (salt, pepper), a layer of white sauce, and continue making layers until all of the ingredients are used. Put well-buttered bread crumbs over top of the mixture. Bake (covered) until the mixture is bubbling hot. Then remove, cover and brown.

STUFFED CABBAGE

1 medium-sized cabbage	1 onion	1 egg
1 pound beef	$\frac{1}{2}$ cup bread crumbs	Seasoning
1 slice bacon or salt pork	$\frac{1}{2}$ cup milk	1 green pepper

Select solid cabbage, not too large, remove outside leaves, cut out stalk end, leaving a hollow shell. Chop uncooked beef, with bacon and onion. Add crumbs soaked in milk, beaten egg, salt and pepper. Shape mixture into balls or cakes, arrange in cabbage. Arrange strips of sweet pepper on top of cabbage, tie in cheese-cloth, then steam or boil until tender. Serve with tomato sauce.

CARROT LOAF

1 $\frac{1}{2}$ cups ground raw carrots	1 egg	3 tablespoons minced bacon or other fat
1 cup boiled rice	2 tablespoons red or green peppers	1 tablespoon onion juice
1 cup ground peanuts		$\frac{1}{2}$ teaspoon mustard

Mix ingredients in order given and bake the loaf in a moderate oven 1 hour. Serve with tomato sauce if desired.

CELERY, CREOLE STYLE

1 cup diced celery	1 tablespoon butter	$\frac{1}{2}$ cup canned tomatoes
2 tablespoons finely chopped onion	2 teaspoons finely chopped green pepper	$\frac{1}{2}$ cup boiling water
		$\frac{1}{4}$ teaspoon salt

Put celery in saucepan with boiling water and boil 10 minutes or until tender. Melt butter, add onion, salt and pepper, and cook slowly 5 minutes and stir in the tomatoes, add celery and cook the entire mixture 10 to 15 minutes longer.

SUCCOTASH

To a pint of cooked corn add a pint of cooked and seasoned shelled lima beans.

SCALLOPED CORN

$\frac{1}{4}$ cup butter	1 tablespoon sugar	1 cup bread crumbs
$\frac{1}{4}$ cup flour	1 pint fresh corn or drained, canned corn	2 tablespoons cream
$\frac{1}{2}$ teaspoon salt		1 $\frac{1}{2}$ cup milk

Heat the milk in a double boiler. Mix the butter and flour together, and add the hot milk, stirring constantly. Then add the corn, salt and sugar. Let come to the boiling point and turn into a baking dish. Cover the top with the bread crumbs, moistened slightly with cream, and bake 15 to 20 minutes. A tablespoon of butter may be used instead of the cream.

CORN A LA SOUTHERN

1 can corn	1 pint scalded milk	1 teaspoon salt
2 eggs	1 medium-sized green pepper	$\frac{1}{2}$ teaspoon pepper
2 tablespoons melted butter		

ALL RECIPES IN THIS BOOK CALL FOR FLAT OR LEVEL MEASUREMENTS

Chop pepper, mix ingredients in order given, pour into buttered pudding dish, and bake slowly till firm. Fresh corn cut from the cob may be used in the same manner.

FRIED EGGPLANT

Pare an eggplant, cut in thin slices, sprinkle with salt and pile on a plate. Cover with weight to extract the juice and let stand for one and a half hours, or soak in brine for same time. Dredge with flour and fry slowly until crisp and brown, or dip in egg and crumbs, fry.

STUFFED EGGPLANT

1 eggplant	2 tablespoons butter	1 egg
1 cup crumbs	$\frac{1}{2}$ tablespoon onion	Seasoning

Cook eggplant 15 minutes in enough boiling salted water to cover. Cut a slice from top and with a spoon remove pulp, taking care not to work too close to skin. Chop pulp, add soft stale bread crumbs. Melt butter, add finely-chopped onion, and cook 5 minutes. Add to chopped pulp and bread, season with pepper and salt, and, if necessary, moisten with a little water. Cook 5 minutes, cool slightly, and add 1 beaten egg. Refill shell with mixture and bake 25 minutes in a hot oven.

Cooked rice or macaroni may be substituted for crumbs. Chopped meat may be added.

CREAMED MUSHROOMS

Wash and stem mushrooms. Remove the peeling if it seems tough. Melt in a saucepan about 2 tablespoonfuls of butter for every half pound of mushrooms. Add the mushrooms, cover tightly and cook over a low fire 10 minutes. Dredge lightly with flour, season with salt and pepper and cover with thin cream. Cook five minutes longer and serve on toast.

BOILED ONIONS IN WHITE SAUCE

Peel the onions and cut off the roots, dropping into cold water as fast as they are peeled. Drain from the cold water and put in a stewpan with boiling water to cover generously. Add 1 teaspoon of salt for each quart of water. Boil rapidly for 10 minutes, with the cover partly off the saucepan. Drain off water and cover onions with hot sweet milk (a quart of onions will require a pint of milk). Simmer for half an hour. Beat together 1 tablespoon of butter and 1 level tablespoon of flour. Add 1 teaspoon of salt and $\frac{1}{4}$ teaspoon of white pepper.

OKRA, RICE AND TOMATOES

1 quart okra	$\frac{1}{2}$ can tomatoes	Salt and pepper
1 cup rice	2 tablespoons butter	Sprinkle of paprika

Wash rice and cook in boiling, salted water until tender; drain, and add butter, salt, pepper and paprika. Cut okra in slices and cook in small quantity of boiling water. When nearly ready, add tomatoes and rice. Serve hot.

PARSNIP FRITTERS

Wash and cook parsnips in boiling water 15 minutes; remove the skins, mash; season with salt, pepper and butter. Flour the hands or dip them in cold water and shape the mixture into small cakes. Dip these cakes in flour and fry in hot fat.

ALL RECIPES IN THIS BOOK CALL FOR FLAT OR LEVEL MEASUREMENTS

PEAS WITH PORK

1 quart peas	1 tablespoon butter	2 small white onions
$\frac{1}{4}$ cup pork	$\frac{1}{2}$ cup water	$\frac{1}{8}$ teaspoon pepper

Cut pork into small bits. Put butter in stewpan, cover and place over the fire. When butter is melted, add pork and cook gently until a light brown, then add water, peas, onion and pepper. This is a good way to cook peas when they are a little old and hard.

PEAS WITH LETTUCE

1 quart peas	1 head lettuce, the heart	1 teaspoon sugar
2 tablespoons butter	1 small onion	$\frac{1}{4}$ cup water

Put all ingredients into a stewpan; cover, and place over the fire and cook for 5 minutes, tossing the vegetables several times. Now draw the pan back where the contents will simmer slowly for half an hour.

MASHED POTATOES

1 pint boiled potatoes	Speck pepper	$\frac{1}{4}$ cup hot milk
$\frac{1}{2}$ teaspoon salt	2 tablespoons butter	

Mash the hot potatoes with wire masher, or put through ricer. Add seasoning, quantity of milk used will vary with quantity of potatoes. Use just enough to moisten well, but potatoes should not seem watery. Place over fire again and beat till light and smooth.

POTATO CROQUETTES

2 cups mashed potatoes	$\frac{1}{2}$ teaspoon salt	2 tablespoons butter
$\frac{1}{8}$ teaspoon white pepper	1 egg or 2 yolks	$\frac{1}{4}$ teaspoon celery salt

Beat the eggs, mix with potatoes and add other ingredients. A little milk is sometimes needed if potatoes are dry. Heat mixture in a saucepan stirring; when it leaves the side of the pan, turn it on to flat dish; when cool divide, shape, crumb and fry.

STUFFED POTATOES

Select medium-sized, smooth-skinned oval potatoes. Bake in a hot oven 450°F. until tender, being careful not to overbrown the skin. Cut the potatoes in two lengthwise, remove the potato pulp, being careful to leave shells unbroken. Mash the hot potato, add either milk or cream as for mashed potato.

Season as follows: To each cup of potato add $\frac{1}{4}$ teaspoon salt, $\frac{1}{8}$ teaspoon pepper, $\frac{1}{2}$ teaspoon onion juice and 1 teaspoon butter. Fill the shells with this mixture, rounding the surface so that it is the shape of the original potato. Bake for 10 minutes in a hot oven. Grated cheese may be sprinkled over the top.

POTATOES AU GRATIN

Remove the skins from boiled or baked potatoes and cut them in cubes. Arrange the cubes in layers in a buttered baking dish, covering each layer with white sauce II. (see page 29), and grated cheese. Sprinkle the top with buttered crumbs, and bake the potatoes for about 20 minutes.

ALL RECIPES IN THIS BOOK CALL FOR FLAT OR LEVEL MEASUREMENTS

CREAMED POTATOES

Dice cold potatoes. Melt in a saucepan one tablespoon of butter for every cup of potatoes. Add the potatoes, tossing them about in the butter, dredge lightly with flour, 1 tablespoon for each tablespoon of butter. Season with salt and pepper, cover with milk, allow to cook five minutes and serve.

ESCALLOPED POTATOES

Peel and cut raw potatoes in slices $\frac{1}{4}$ inch thick. Put a layer in a buttered baking dish, dot with butter, salt and pepper. Repeat until dish is $\frac{3}{4}$ full. Pour scalded milk over the potatoes until it reaches the top layer. Bake at a temperature of 350°F. for an hour or until potatoes are soft.

GLAZED SWEET POTATOES

6 medium sized sweet potatoes	$\frac{1}{2}$ cup brown sugar	1 tablespoon butter
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Wash and pare the potatoes. Cook 10 minutes in boiling salt water. Drain, cut in halves lengthwise, and put in a buttered pan. Sprinkle with sugar; add butter melted. Bake in slow oven 325°F. about one hour.

WINTER SQUASH

Cut off top of small Hubbard squash, remove seeds and stringy portion, place in pan and steam or bake about two hours until tender. Remove pulp from shell, keeping large shell intact; put pulp through ricer, season with salt, pepper and butter, and 2 tablespoons of cream. If desired, a little sugar or molasses may also be added, and return to shell. Smooth surface to a dome shape and score with knife, brush over with milk and egg, add specks of butter, then place in oven a few minutes. Serve on a folded napkin on individual plates, or on chop plates. Part of second squash is needed to make a full shell.

ESCALLOPED TOMATOES

1 pint peeled and cooked tomatoes or 1 small can	2 cups grated bread crumbs	2 tablespoons butter
	1 teaspoon salt	A suggestion of pepper

Reserve 3 tablespoons of bread crumbs and spread the remainder on a pan. Brown in the oven, being careful not to burn them. Mix the tomato, browned crumbs, salt, pepper and half the butter together, and put in a shallow baking dish. Spread the unbrowned crumbs on top, and dot with the remainder of the butter cut into bits. Bake in a moderately hot oven 350°F. for half an hour. The top of this dish should be brown and crisp.

TOMATOES, CORN AND CHEESE

1 can sweet corn	$\frac{1}{2}$ pound cottage cheese	1 tablespoon butter
1 pint canned tomatoes	1 tablespoon cracker crumbs	

Fresh corn and tomatoes can be used also. Put a layer of corn in a buttered baking dish, layer of tomatoes, a layer of cheese, and repeat. Sprinkle cracker crumbs over top, dot with butter, and bake for one-half hour at a temperature of 375°F.

ALL RECIPES IN THIS BOOK CALL FOR FLAT OR LEVEL MEASUREMENTS

HASHED TURNIPS

Chop cooked and drained turnips into rather large pieces. Return to the stewpan, and for a pint and a half of turnips, add a teaspoon of salt, $\frac{1}{4}$ of a teaspoon of pepper, a tablespoon of butter and 4 tablespoons of water. Cook over a very hot fire until the turnips have absorbed all the seasonings. Serve at once.

BAKED BEANS

1 quart beans	1 teaspoon mustard	1 teaspoon salt
$\frac{1}{2}$ pound salt fat pork	$\frac{1}{4}$ cup molasses	

Pick over and wash beans; cover with cold water and soak overnight. In the morning, drain, cover with fresh water and cook slowly below boiling point until soft, then drain. Put $\frac{1}{2}$ -inch slices of salt pork in the bottom of an earthen bean pot or covered crock. Put beans in pot and bury the remaining pork (which should be gashed in several places) in the beans. Mix the salt, mustard and molasses in a cup; fill the cup with boiling water and pour the mixture over the beans. Add enough more boiling water to cover beans. Cover bean pot, put in oven, and bake in a slow oven 300°F. 5 to 8 hours. If baked a long time, they become dark and have a rich flavor.

RED BEANS

Red beans may be cooked as lima beans. They may be served in white sauce (see page 29), tomato or meat-stock sauce.

STUFFED PEPPERS

6 green peppers	1 teaspoon salt	$\frac{1}{2}$ cup bread crumbs
$\frac{1}{2}$ cup English walnuts	1 teaspoon melted fat	$\frac{1}{2}$ cup milk
1 large onion	$\frac{1}{8}$ teaspoon pepper	

Select broad peppers that will stand on end and are easy to serve. Cut top from each pepper. Remove seeds and parboil 15 minutes. Stuff with filling mixed in the order given above. Bake 20 minutes at 400°F. basting frequently with hot water. Any left-over meat can be substituted for the nuts. Tomatoes and rice make an excellent filling for peppers.

CHILI CON CARNE

1 pint dried lima beans	$\frac{1}{4}$ cup suet, forced	$\frac{1}{8}$ teaspoon pepper
or kidney beans,	through food chopper	$\frac{1}{2}$ teaspoon mustard
soaked overnight	1 red pepper, cut in	1 tablespoon vinegar
2 cups beef chopped	strips	Tomatoes to cover
1 teaspoon salt	$\frac{1}{2}$ onion, sliced	

Arrange ingredients in layers in a bean pot. Cover with water and bake slowly at a temperature of 345° F. 3 or 4 hours.

SALADS AND SALAD DRESSINGS

Salads which usually are made from either vegetables or fruits or combinations of both should be more commonly used. They should be cold, crisp, well mixed and attractively served with oil dressing, mayon-

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naise or a boiled dressing. Salad plants include lettuce, romaine, endive, chickory, escarole, sorrel and water-cress, and vegetables such as onion, cabbage, celery, cucumber and tomatoes.

POTATO SALAD

2 cups freshly boiled	$\frac{1}{2}$ teaspoon pepper	About 3 tablespoons
potatoes	Few drops onion juice	olive oil
1 teaspoon salt	1 tablespoon finely-	1 tablespoon vinegar
	minced parsley	

Cut potatoes in $\frac{3}{4}$ -inch cubes. Add seasoning, then olive oil, only what the potatoes will absorb, then add vinegar and mix carefully until it is absorbed. Mound on a bed of lettuce in a shallow dish. Egg yolks make an attractive garnish if put through a ricer. Tomatoes cut in eighths added to potato salad make a pleasant variation.

EGG SALAD

1. Cut the whites of hard-boiled eggs into eighths lengthwise, arrange on lettuce to simulate the petals of a flower. Put yolks through ricer and arrange in the center of whites. Serve with boiled dressing.

2. Cut eggs lengthwise in quarters and serve on lettuce with boiled dressing.

3. Chop whites finely and arrange on lettuce. Put yolk through ricer and mound in the center. Serve with boiled dressing.

4. Diced hard-boiled eggs and sliced cucumbers may be added to potatoes. Eggs and fish combine very well with watercress or escarole.

DEVEILED EGGS

Cut hard-cooked eggs crosswise or lengthwise, remove yolks, mix with vinegar and seasoning, or with boiled dressing. Refill yolks in the whites. Cold minced ham or chicken may be added to the yolks. French dressing may be used instead of vinegar.

CHICKEN SALAD

Remove bones and gristle, fat and skin, from cold, cooked meat. Cut meat into $\frac{1}{2}$ -inch cubes and mix it with an equal amount of celery which has been scraped, chilled and cut in small pieces. Moisten with French dressing. Add mayonnaise dressing or boiled dressing to taste. Arrange on lettuce leaves; garnish with curled celery.

Veal, flaked fish, such as salmon, tuna, etc., may be mixed and used in the same way.

CHEESE AND NUT SALAD

1 cup cheese	$\frac{1}{2}$ cup sweet cream	$\frac{1}{2}$ cup chopped pimento
1 tablespoon melted butter	$\frac{1}{2}$ cup chopped nuts	$\frac{1}{2}$ cup chopped olives

Mash the cheese, moisten with cream and melted butter, season with salt and cayenne, add chopped nuts, pimento and olives, press into a mold and let stand 2 hours. Cut in slices and serve on lettuce with mayonnaise dressing. Combine mild cream cheese with pimento, shape into small balls and serve on head lettuce with French dressing.

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OTHER CHEESE COMBINATIONS

Grate raw carrots and combine them with cottage cheese in the proportion of half carrot and half cheese. Season with mayonnaise, form into balls and serve on lettuce with French dressing. Dates are good stuffed with cream cheese. Tomatoes also may be stuffed with cheese.

MACEDOINE SALAD

1 cup cooked carrot strips	1 cup cooked string beans	Shredded lettuce
1 cup cooked potato cubes	2 tablespoons finely-chopped parsley	French dressing

Arrange shredded lettuce on salad plates. Mix vegetables with French dressing. Put a spoonful on each plate. Serve.

COLD SLAW

Finely shred cabbage, soak 1 hour in cold water and drain. Mix shredded cabbage with salad dressing. Serve on lettuce leaves. Finely-chopped green pepper, onion and pimento may be added

WALDORF SALAD

1 cup cubed apple	1 cup nut meats	Salad dressing to moisten
1 cup celery		

Cut slice from tops of green or red apples; scoop out the inside pulp; leaving just enough to hold the skin in place. Fill the shells with salad mixture and serve on lettuce leaves. A little salad dressing may be put on top of each. The apple, celery, and nut mixture may be served on lettuce with salad dressing.

FRUIT SALAD

2 oranges	$\frac{1}{2}$ pound malaga grapes	12 walnuts
3 bananas	4 slices pineapple, cubed	

Mix fruit and serve salad dressing on top, or add fruit salad dressing to moisten. Mix with whipped cream or fruit salad dressing, or salad dressing only. May be served in orange cups.

FRUIT SALAD DRESSING

$\frac{1}{2}$ cup pineapple	2 eggs	$\frac{1}{2}$ cup sugar
$\frac{1}{4}$ cup lemon juice	1 cup whipped cream	

Beat 2 eggs, add sugar, pineapple and lemon juice. Cook in double boiler, stirring constantly until thickened, then set aside to cool. Whip the cream and fold into the mixture just before serving. Very delicious for all fruit salads.

MAYONNAISE DRESSING

A few grains of paprika	$\frac{1}{2}$ teaspoon mustard,	1 tablespoon lemon
$\frac{1}{2}$ teaspoon salt	if desired	juice
The yolk of 1 egg	1 cup olive oil	1 tablespoon vinegar
1 teaspoon powdered sugar		

Mix the salt and paprika, add other seasonings, and the yolks; beat well, adding the acid, gradually, beating it in with a Dover egg-beater. When all the acid has been added, turn in a teaspoonful of olive or other

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vegetable oil and continue the beating; add oil, a teaspoonful at a time, three or four times, beating vigorously meanwhile; then add the oil by the tablespoonful until all has been used. At the last beat in two or three tablespoonfuls of boiling water. The boiling water is thought to keep the sauce from "turning" or curdling after it has been set aside. By adding all of the acid to the yolks before oil is used, the egg-beater may be used from the beginning. The larger surface over which the oil is spread lessens the liability of the mixture to curdle. After the sauce is mixed, cover with an earthen or glass dish and set aside in a cool place. Russian dressing is made by combining mayonnaise, chili sauce and India relish in the proportion of $\frac{1}{2}$ mayonnaise and $\frac{1}{4}$ each chili sauce and India relish.

BOILED SALAD DRESSING

1 teaspoon salt	Few grains cayenne	Yolks 2 eggs or 1 egg
1 teaspoon mustard	$2\frac{1}{2}$ tablespoons flour	$\frac{3}{4}$ cup milk
2 teaspoons sugar	2 tablespoons melted butter	$\frac{1}{2}$ cup vinegar

Mix the dry ingredients, add the egg yolks, slightly beaten, butter, milk and vinegar, slowly. Cook in double boiler until mixture thickens. Cool before using. If cooked too long, it will curdle.

FRENCH DRESSING

$\frac{1}{2}$ teaspoon salt	$\frac{1}{2}$ teaspoon powdered	1 tablespoon lemon juice
$\frac{1}{8}$ teaspoon white pepper	sugar	1 tablespoon vinegar
$\frac{1}{8}$ teaspoon paprika	Pinch of mustard	4 tablespoons olive oil

Mix dry ingredients, add oil and stir till thoroughly mixed; then add vinegar and lemon juice, a few drops at a time and beat till an emulsion is formed. Or, ingredients may all be placed in a bottle and shaken vigorously together to form an emulsion. A dressing for fruit salad can be made by adding $\frac{1}{4}$ cup of cream whipped to the above quantity of French dressing.

PUDDINGS

RICE PUDDING

1 quart scalded milk	$\frac{1}{2}$ cup sugar	2 eggs
1 cup boiled rice	$\frac{1}{4}$ teaspoon salt	

Rice may be cooked in water or milk. Stir into milk, add sugar, salt and eggs, slightly beaten. 1 tablespoon butter may be added. Flavor as desired. Bake or steam in buttered shallow baking dish, till firm. Yolks only may be used. Meringue may be added, if desired.

STEAMED CHOCOLATE PUDDING

3 tablespoons shortening	1 egg	$2\frac{1}{2}$ teaspoons baking-powder
$\frac{1}{2}$ cup sugar	1 cup milk	$\frac{1}{4}$ teaspoon salt
	$1\frac{1}{2}$ - $1\frac{3}{4}$ cups flour	2 squares chocolate

Cream shortening, and gradually, add egg yolk well beaten. Mix and sift flour with baking powder and salt, add alternately with milk to first mixture. Then add melted chocolate and egg white stiffly beaten. Turn into buttered molds. Cover and steam 2 hours. Serve with chocolate sauce or whipped cream.

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STEAMED PUDDING

2 tablespoons shortening, melted	$\frac{1}{2}$ cup sour milk	$\frac{1}{2}$ teaspoon soda
$\frac{1}{2}$ cup molasses	2 cups flour	1 teaspoon mixed spice
	$\frac{1}{2}$ teaspoon salt	$\frac{1}{2}$ cup chopped nuts or raisins

Mix the ingredients in the order given, sifting dry ingredients together. Spice may be cinnamon, nutmeg, cloves or ginger. It is unnecessary to use butter for shortening, as spice and molasses cover its flavor. Fruit used may be raisins, currants, dates, figs, citron, etc. Any kind of nuts may be used, or part fruit and nuts. Grease molds. This will fill six good-sized molds. Steam 1 to 2 hours. Serve with sauce.

FRUIT RICE PUDDING

2 cups rice	$\frac{1}{2}$ cup chopped nuts	1 teaspoon cinnamon
2 cups milk	$\frac{1}{2}$ cup chopped figs	$\frac{1}{4}$ teaspoon nutmeg
$\frac{1}{2}$ cup chopped dates	$\frac{1}{2}$ cup sugar	

Put 2 cups of boiled rice in a baking dish, add 2 cups sweet milk, the sugar, chopped dates, figs and nuts, season with cinnamon and nutmeg. Bake until brown. Serve with a lemon sauce.

ENGLISH PLUM PUDDING

2 cups stale bread crumbs	$\frac{1}{2}$ pound raisins, seeded, cut in pieces and floured	$\frac{1}{2}$ cup fruit juice
1 cup milk	$\frac{1}{2}$ pound currants	$\frac{1}{2}$ grated nutmeg
$\frac{1}{2}$ cup sugar	2 ounces finely cut citron	$\frac{1}{2}$ teaspoon cinnamon
2 eggs	$\frac{1}{2}$ pound suet	$\frac{1}{2}$ teaspoon cloves
		$\frac{1}{2}$ teaspoon mace
		$1\frac{1}{2}$ teaspoons salt

Scald bread crumbs and milk, let stand until cool, add sugar, beaten yolks of eggs, raisins, currants and citron; chop suet, and cream by using the hand; combine mixtures, then add fruit juice, nutmeg, cinnamon, cloves, mace and whites of eggs beaten stiff. Turn into buttered mold, cover and steam 6 hours. Serve with hard sauce.

STEAMED APPLE PUDDING

Put a thick layer of sliced apples in a kettle, sprinkle with sugar and cinnamon and cook over a low fire until they are soft. Make a biscuit dough and place over the apples, cover the kettle tightly and steam dough fifteen or twenty minutes. Serve with cream or hard sauce.

TAPIOCA CREAM PUDDING

$1\frac{1}{2}$ tablespoons minute tapioca, or $\frac{1}{2}$ cup pearl tapioca	2 cups scalded milk	$\frac{1}{4}$ teaspoon salt
	1 egg	1 teaspoon vanilla
	$\frac{1}{2}$ cup sugar	

Pick over tapioca and soak 1 hour in cold water to cover. Drain, add to milk and cook in a double boiler until tapioca is transparent. Mix the yolks with the sugar and salt. Combine by pouring hot mixture slowly into egg mixture. Return to double boiler and cook until it thickens while stirring constantly. Fold in whites of eggs beaten until stiff, remove from range, chill and serve. If minute tapioca is used, it need not be soaked.

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FUDGE SHORTCAKE

Bake the plain cake mixture (page 46) in muffin or cup cake pans. Serve with hot chocolate sauce (see below). Whipped cream may also be added.

CUP CAKE SURPRISE

Make hard sauce (see below). Peel and cut up four good sized peaches. Add to hard sauce and set in the refrigerator or other cool place an hour or more. Serve on cup cakes made according to plain cake recipe (page 46). Strawberries or canned crushed pineapple may be used in the same way.

DESSERT SAUCES

CHOCOLATE SAUCE

$\frac{1}{2}$ ounce chocolate	$\frac{1}{2}$ cup hot milk	$\frac{1}{2}$ teaspoon cinnamon
2 tablespoons hot water	$\frac{1}{2}$ cup double cream	$\frac{1}{2}$ teaspoon vanilla
$\frac{1}{2}$ cup sugar	2 eggs	

Melt chocolate, add sugar and hot water, and cook until smooth and glossy. Add milk. Beat eggs. Combine as for a custard; strain. When cold, add flavoring and whipped cream.

CREAMY HARD SAUCE

$\frac{1}{2}$ cup butter	$\frac{1}{2}$ cup thick cream, whipped	1 teaspoon vanilla
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Cream butter well. Add sugar gradually and enough cream to pour. Add vanilla.

HARD SAUCE

$\frac{1}{2}$ cup butter	1 teaspoon vanilla	1 cup sugar
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Cream butter, add sugar gradually while beating, add flavoring.

CARMEL SAUCE

Butter the inside of a granite sauce pan, add 2 ounces of unsweetened chocolate, and melt over hot water; add 2 cups of light brown sugar, and mix well; then add an ounce of butter and $\frac{1}{2}$ cup of rich milk. Cook until the mixture forms a soft ball in cold water, then take from fire, and flavor with vanilla. Put into a sauce boat and pour while hot over each service of ice cream.

CHOCOLATE SAUCE

(To be served with vanilla ice cream.)

$\frac{1}{2}$ cup boiling water	2 squares unsweetened chocolate	2 tablespoons butter
$\frac{1}{2}$ cup sugar		$\frac{1}{2}$ teaspoon vanilla

Pour water on chocolate and cook together, stirring until chocolate is melted and mixture is thick. Add sugar and cook a few minutes longer. Add butter and flavoring.

LEMON SAUCE

$\frac{1}{2}$ cup sugar	2 tablespoons butter	Few gratings nutmeg
1 tablespoon cornstarch	$1\frac{1}{2}$ tablespoons lemon juice	Pinch of salt
1 cup boiling water		

Mix the sugar and corn starch. Add the water gradually, stirring constantly. Boil 5 minutes, remove from fire, add the butter, lemon juice and nutmeg. Serve hot.

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the sugar gradually by folding it into the egg mixture with a spatula or cake spoon, then fold in the dry materials, flour and salt, that have been sifted together four times. Lastly add the vanilla. Bake in a greased tube pan from 45 minutes to 1 hour in a slow oven at a temperature of 300°F. to 325°F.

FRUIT CAKE

1 pound (2 cups) shortening	2 teaspoons baking powder	2 pounds raisins, seeded and finely chopped
1 pound (2 cups) light brown sugar	Few grains salt	$\frac{1}{2}$ pound date meats, finely chopped
7 eggs	2 tablespoons fruit juice	$\frac{1}{2}$ pound citron, thinly sliced and cut into short strips
1 pound (4 cups) flour	2 tablespoons milk	
2 teaspoons mace	2 pounds currants	
2 teaspoons cinnamon		

Cream the shortening, add sugar gradually and beat for 5 minutes. Beat the egg yolks until light and lemon-colored and the whites until stiff and dry. Add these to the butter and sugar mixture, then add the milk, fruit juice, chopped nuts and fruit that have been rolled in flour. Lastly, add the well-sifted dry ingredients (flour, spices, baking powder and salt), beat the mixture thoroughly and place in deep, round cake pans lined with several thicknesses of oiled paper. Bake 3 to 4 hours in a slow oven. If the oven is difficult to regulate, cover the cake with several thicknesses of oiled paper the last hour of the baking.

MARTHA WASHINGTON PIE

Bake plain mixture in 2 layers. Cool; fill between layers and spread on top whipped cream, sweetened and flavored with vanilla.

CAKE FROSTINGS AND FILLINGS

Good frosting requires as much skill in making as candy. Boiled frostings are more delicious than those made with confectioners' sugar. When sugar is scarce, omit frostings on cakes, and use fillings only.

BOILED FROSTING OR WHITE MOUNTAIN CREAM

1 cup sugar	$\frac{1}{2}$ cup water	Whites of 1 or 2 eggs
		1 teaspoon flavoring

Cook sugar and water together in a saucepan, stirring until sugar is dissolved. If 1 beaten egg is used, boil the sugar solution to the soft-ball stage, until it forms 2-inch threads when dropped from a spoon or fork. If 2 egg whites are used, boil to the firm ball stage. The syrup should not be stirred during the process of cooking. If crystals collect on the sides of the saucepan, remove with a wet cloth or wet brush. When the sugar solution has boiled to the right temperature pour it gradually into the stiffly-beaten whites of eggs beating continually while pouring and continue beating until of right consistency to spread on the cakes. Flavor.

VARIATIONS OF ABOVE

Nut Frosting.—Add nut meats to White Mountain Cream.

Lady Baltimore Frosting.—Add nut meats, chopped figs, chopped angelica to White Mountain Cream.

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Minnehaha Frosting.—Add chopped seeded raisins to White Mountain Cream.

Maple Frosting.—Substitute maple sugar for granulated sugar in White Mountain Cream.

Chocolate Frosting.—Add 1 square melted chocolate to White Mountain Cream.

CREAM FILLING

$\frac{3}{4}$ cup sugar	$\frac{1}{8}$ teaspoon salt	2 cups scalded milk
$\frac{1}{3}$ cup flour	2 eggs	1 teaspoon vanilla

Mix dry ingredients; add eggs slightly beaten and pour in gradually the scalded milk. Cook 15 minutes in double boiler stirring constantly until thickened. Cool and flavor.

Chocolate Cream Filling.—Add 1 $\frac{1}{2}$ squares melted chocolate to Cream Filling mixture.

PASTRY

Pastry, if it is to be served at all, should be light, tender and flaky.

Winter wheat flour, called pastry flour, should be used, as it makes the pastry more tender than bread flour.

The lightness of the pastry depends upon the amount of air enclosed and its expansion in baking.

The flakiness depends upon the kind and amount of shortening used.

All the ingredients must be cold.

Handle the dough as little as possible, and keep it as cold as possible, as heat melts the shortening and makes it difficult to handle.

PIE CRUST

1 cup flour	$\frac{1}{2}$ teaspoon salt	$\frac{1}{4}$ cup ice water
	$\frac{1}{4}$ cup shortening	

Sift together salt and flour. Cut in the shortening as for Baking-powder Biscuits, using a large knife or spatula for this operation. The amount of water used will vary with the flour, so the proper consistency of dough must be learned rather than to place dependence on the measure of water. It is well to bear in mind that lard produces a flakier, whiter crust than any other shortening. Equal parts of lard and butter produce better pastry than butter alone. Dough must neither be sticky nor crumbly, and must be easily lifted from the bowl in one mass. If chilled, before rolling, it will be more easily handled. Toss on a floured board and roll lightly, keeping in a circular shape. Roll very thin. This recipe will make one small double crust pie.

SINGLE CRUST PIE

Roll the dough larger than the tin. Place carefully over the tin, as crust shrinks in baking. Flatten the crust to tin to press out air. If it is to be filled after baking, prick with fork. If for single crust pie, build up ridge to make greater depth and groove or "flute" the ridge in order that heat may stiffen more quickly.

DOUBLE CRUST PIE

Fit the lower crust as for single crust pie, but do not build up edge. Have the upper crust rolled out before filling is put in, or else lower crust

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will become soaked and soggy. The upper crust should be rolled a little larger than needed. The filling should not be piled high, but levelled to avoid cooking over while baking. Moisten the edge of the upper and lower crust with water when the edges are being fluted.

The upper crust should always be perforated, so that the steam may escape. Attractive designs may be cut out with a knife or a pastry jagger. The perforated upper crust should be placed loosely and not stretched over the filling. For a juicy filling, add a small amount of flour to the sugar to prevent the juice escaping from the pie. Sometimes for berry pies, the lower crust is folded over the upper crust, thus making a thick three-layer edge to prevent the escape of the filling. Another way of keeping the juice from boiling out is to brush the bottom of the lower crust with white of egg. Double crust pies usually take between 40 and 50 minutes for baking and require an oven temperature of about 450°F. until crust is brown then 350°F.

LEMON FILLING

2 tablespoons corn-	Juice of one lemon	Small amount of rind
starch	1 cup sugar	3 eggs
1 1/4 cups warm water	1 tablespoon butter	

Mix cornstarch and sugar together. Add it and the lemon juice to the beaten egg yolks. Pour the water on this mixture. Place in double boiler and stir and cook until thickened. Add the butter. Pour into baked shell. Cover with meringue and set in slow oven 300° F. to brown.

MERINGUE

Whites 2 eggs	2 tablespoons powdered sugar	1/4 teaspoon vanilla
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Beat the whites until stiff; fold in sugar and add flavoring.

COCOANUT CREAM PIE

1 1/2 cups scalded milk	2 tablespoons corn-	1 tablespoon butter
1/2 cup sugar	starch	1/2 cup shredded
1/4 teaspoon salt	Yolks 3 eggs	cocoanut
		1/2 teaspoon vanilla

Add the sugar, cornstarch and salt to the egg yolks. Pour the scalded milk into this, return to double boiler, stir and cook until thickened. Add the butter, cocoanut and vanilla. Pour into a pie tin lined with pastry. Bake in a hot oven 450° F. until the crust is set, then reduce the temperature to 325° F. The pie may be covered with meringue.

MINCE PIE

Line a pie tin with pastry. Fill with mince meat. Cover with pastry.

MINCE MEAT

1 1/2 cups chopped beef	1 cup cider	Gratings of nutmeg
(roast or steak)	1/2 cup syrup from sweet	1/2 teaspoon cloves
2 cups chopped apple	pickle jar	1/2 teaspoon cinnamon
1/2 cup chopped suet	1 pound citron chopped	1/2 cup raisins (Sultana
1 1/2 cups sugar	1 teaspoon salt	preferred)
	1 teaspoon mace	1/2 cup currants

Mix all together. Cook 1 hour. Put into sterilized jars.

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RAISIN PIE

1 1/2 cups seeded raisins	1/2 cup sugar	1 tablespoon lemon juice
1 1/2 cups boiling water	1/2 cup finely chopped	Grated rind of 1/2 lemon
1 tablespoon flour	walnuts	

Wash the raisins carefully and cook in the boiling water until tender. Mix the flour and sugar and add to the cooked raisins, stirring until it thickens. Add the lemon gratings and walnuts, cool slightly and bake in a double crust pie in a hot oven 450°F. Reduce heat during the last 10 minutes. The nuts may be omitted.

PUMPKIN PIE

1 1/4 cups steamed pump-	1/4 cup sugar	1/8 teaspoon cloves
kin forced through	1/2 teaspoon cinnamon	1/2 teaspoon salt
a strainer	1/4 teaspoon ginger	1 slightly beaten egg
		7/8 cup milk

Mix ingredients in order given. Bake in a pie tin lined with pastry in a hot oven 450°F. until the crust is set, then 350°F.

APPLE PIE

5 sour apples	1 teaspoon butter	1/2 teaspoon nutmeg
1/2 teaspoon salt	1/2 teaspoon cinnamon	Few gratings lemon
1/2 cup sugar	1 teaspoon lemon juice	rind

Line pie plate with paste. Pare, core and cut apples and fill the pie. Mix the dry ingredients and lemon juice, and sprinkle over apples. Dot over with butter. Wet edges of under crust, cover with upper crust, pressing the edges close together. Bake in a hot oven 450° F. until crust is brown then 350° F. until the fruit is cooked..

RHUBARB PIE

1 pint rhubarb	1 cup sugar	1/2 teaspoon salt
	2 tablespoons flour	

Wash rhubarb, cut into 1/2-inch pieces. Mix with other ingredients. Line deep pie pan with pie crust. Fill with mixture, being careful not to heap up. Measure pan before mixing ingredients, so that no more may be prepared than pan will hold. May be covered with an upper crust, or barred with narrow strips of crust, or baked in lower crust only, and meringue added. In this case, 1 or 2 beaten egg yolks are usually mixed with rhubarb.

COOKIES

PEANUT COOKIES

2 tablespoons fat	2 teaspoons baking	1/4 cup milk
1 cup sugar	powder	1 cup chopped peanuts
2 eggs well-beaten	1/2 teaspoon salt	1/2 teaspoon lemon juice
2 cups flour		

Cream the fat, add sugar gradually, add well-beaten egg. Mix and sift baking powder, salt and flour; add to first mixture. Then add milk, peanuts and lemon juice. Drop from tip of a spoon on a greased pan 1

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inch apart. Place $\frac{1}{2}$ peanut on top of each. Bake 12 to 15 minutes in a slow oven.

CHOCOLATE DROP COOKIES

$\frac{1}{2}$ cup fat	$\frac{1}{2}$ cup milk	2 squares melted
1 cup light brown sugar	$1\frac{1}{2}$ cup flour	chocolate
1 well-beaten egg	$\frac{1}{2}$ teaspoon soda	1 cup chopped nuts
		1 teaspoon vanilla

Cream the shortening, add the brown sugar gradually, then the well-beaten egg, milk and the flour, mixed and sifted with the soda. Stir in the melted chocolate, chopped nuts and vanilla. Drop mixture by spoonfuls onto a well-buttered pan 1 inch apart and bake in a moderate oven 350°F.

OATMEAL COOKIES

$\frac{1}{2}$ cup fat	2 cups oatmeal	1 teaspoon cinnamon
1 cup sugar	2 cups flour	$\frac{1}{2}$ teaspoon salt
2 beaten eggs	1 teaspoon soda	1 cup raisins
$\frac{1}{4}$ cup milk		

Cream the fat, add the sugar gradually and work until creamy. Add the well-beaten eggs, milk and oatmeal, the flour, soda, cinnamon and salt mixed and sifted, and the raisins. Drop by teaspoonfuls on a buttered pan. Bake in a moderate oven 350°F.

BANGOR BROWNIES

$\frac{1}{4}$ cup melted shortening	2 squares melted bitter chocolate	1 teaspoon baking powder
1 cup molasses	1 cup flour	Few grains salt
1 egg		1 cup nuts

Sift flour, baking powder and salt together. Mix the ingredients in the order given and beat thoroughly. Spread the mixture evenly on a cake pan that has been lined with oiled paper. Bake about 15 minutes in a slow oven 325°F. Remove the paper from the cake as soon as it is taken from the oven and cut into small squares or strips with a sharp knife.

FRUIT DESSERTS

BROWN BETTY

2 tablespoons melted butter	4 sliced or chopped apples	Juice of one orange or add enough water to make $\frac{1}{2}$ cup liquid
2 cups toasted bread crumbs	Grating from lemon or orange rind	$\frac{1}{2}$ cup sugar

Put the buttered crumbs into a baking dish in alternate layers with the apples, making the last layer of crumbs, and sprinkle each layer of apples with the fruit juice, water and sugar. Bake one hour; cover the dish the first half of cooking.

APPLE SNOW

$\frac{3}{4}$ cup cooked apple	3 egg whites	Powdered sugar
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Pare, quarter and core 4 sour apples. Steam until soft and rub through sieve. There should be $\frac{3}{4}$ cup cooked apple. Beat the whites

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of eggs until stiff; add gradually apples sweetened to taste. Pile lightly on a dish and serve with custard sauce. One tablespoon lemon juice may be added.

PRUNE SOUFFLE

$\frac{1}{2}$ cup chopped nuts	$\frac{1}{2}$ teaspoon salt	1 cup prune pulp
$\frac{1}{2}$ cup grated bread crumbs	$\frac{1}{2}$ teaspoon cinnamon	2 eggs
2 tablespoons sugar	$\frac{1}{2}$ cup prune juice	Grated rind of 1 lemon
	1 tablespoon lemon juice	

Mix the first 6 ingredients. Remove the stones from the cooked prunes and force the pulp through a sieve. Add lemon juice and prune pulp. Stir in dry ingredients. Add yolks of eggs beaten until light and lemon-colored. Fold in whites beaten until stiff. Turn into greased baking dish and bake in a slow oven. Set baking dish in pan of water.

COOKED RHUBARB

Wash peel and cut rhubarb in 1 inch pieces. If pink and tender, do not peel, as the color is much better if skin is left on. Add just enough water to keep from burning. When nearly done, add sugar to taste. Cook until tender.

STEWED PEARS

6 pears	8 tablespoons sugar	2 tablespoons lemon juice
2 cups boiling water		

Pare and core fruit and place in cold water to prevent discoloration till ready to use. Make syrup, add fruit, cored side down. Boil gently until soft but not broken, add lemon juice just before done. Cook small quantity at a time.

FRUIT WHIP

1 cup fruit pulp	2 tablespoons powdered sugar	White of 1 egg
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Beat white of egg until stiff, add pulp, sugar and lemon juice to taste. Beat until stiff. Serve plain.

BAKED APPLES

Select 6 smooth, uniform sized apples. Wash and core. Fill the centers with one tablespoon light brown sugar. Place in shallow pan, pour two-thirds cup boiling water about them, bake till tender, twenty to forty minutes according to size and variety of apples. Baste while baking. A little lemon juice or cinnamon may be added for flavor. Chopped nuts or raisins may be mixed with sugar for filling apples.

BAKED BANANAS

Wipe banana and loosen one section of skin, then replace. Place in shallow pan, cover and bake until skin is dark, when banana should be soft. Remove from skin, sprinkle with powdered sugar or serve with lemon sauce.

CRANBERRIES

1 quart cranberries	1 cup water	$1\frac{1}{2}$ cups sugar
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The general rule is: Use $\frac{1}{2}$ as much water as cranberries. Add one-third as much sugar as cranberries.

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ALBUMEN BEVERAGES

White 1 egg $\frac{1}{2}$ cup orange or lemon juice Syrup to taste

Beat egg white to a froth, add fruit juice, strain, sweeten. Serve cold.

Syrup for fruit beverages can be made by cooking 1 cup of sugar and 1 cup of water twelve minutes.

Albumen water is made by adding $\frac{1}{2}$ cup water to the egg white, omitting the fruit juice and syrup.

Albumenized milk is made by using $\frac{1}{2}$ cup milk with the egg white.

Fruit drinks are made by combining sugar syrup, plain or carbonated water, and fruit juice.

PEPTONIZED MILK

1 tube Peptonizing Powder $\frac{1}{2}$ cup cold water 1 pint fresh milk

Put powder into a sterilized quart bottle, add water, and shake until powder is dissolved; add milk, shake and place on ice. Use as needed, always keeping remainder covered on ice.

Peptonized milk may be served warm by putting bottle in vessel of water (115°F.) and keeping at the same temperature 10 minutes. Serve immediately.

IRISH MOSS LEMONADE

$\frac{1}{2}$ cup Irish Moss Lemon juice Syrup
1 $\frac{1}{2}$ cups cold water

Soak Irish Moss in cold water, drain and pick over. Add 1 $\frac{1}{2}$ cups cold water, cook 30 minutes in double boiler and strain. Add lemon juice and syrup to taste to $\frac{1}{2}$ cup liquid and serve.

BEEF BROTH

2 pounds meat from the shoulder or shin 2 pounds bone 1 $\frac{1}{2}$ teaspoons salt
3 quarts cold water

Cut the meat into small pieces and put it with the cracked bone into kettle and cover with cold water. Set in slow oven and cook from 8 to 12 hours. Strain through colander, add salt to taste and cool quickly. When cold remove the fat. Serve cold, as a jelly or heat to the simmering point, but do not boil.

NOTE.—Reheat in double boiler; not direct heat, as it coagulates albumen.

BEEF EXTRACT

$\frac{1}{2}$ pound beef steak from round, cut 1 inch thick Salt

Remove fat and wipe steak with cloth wrung out of cold water. Place on heated wire broiler, broil 4 minutes, turn every 10 seconds for the first minute, to prevent the escape of juices, turn occasionally for the next 10 minutes. Remove from broiler and cut into pieces of correct size to fit meat press or metal lemon squeezer. Make several cuts in pieces, put in press or lemon squeezer and express juice. Turn juice into cup, set in

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saucepan of hot water, season with salt and serve at once. Care must be taken that cup does not become hot enough to coagulate albuminous juices.

CHICKEN BROTH

Cut 2 pound chicken into pieces; cover with 2 pints cold water; simmer three hours or until meat is tender. Remove meat, cool stock, remove fat, reheat and add $\frac{3}{4}$ cup cooked rice. Season and serve.

MUTTON BROTH

3 pounds lamb, cut from forequarter 3 pints cold water 1 teaspoon salt
2 tablespoons boiled rice or barley

Wipe meat, remove from bones, discard skin and fat, and cut lean meat in small pieces. Put meat and bones in kettle, add water, heat gradually to boiling point, skim and cook slowly until meat is tender. Add salt when half cooked. Strain, remove fat, reheat and add cooked rice.

RAW BEEF SANDWICH

Scrape beef with dull knife, place between buttered slices of bread. Cut in fancy shapes. Toast in oven. (Meat for this purpose must be inspected.)

CREAMED CHICKEN

To $\frac{1}{2}$ cup cold cooked chicken add $\frac{1}{4}$ cup white sauce I. Serve on toast.

BROILED SWEETBREAD

Soak sweetbread in cold water to cover for one hour. Cook in boiling water to which salt and one tablespoon of vinegar have been added for twenty minutes. Drain, plunge into cold water. Dry and separate meat from tubes and membrane. Split lengthwise. Sprinkle with salt and pepper and place on broiler. When sweetbread is heated brush both sides with melted butter. Continue to broil.

EGGNOG

1 egg 1 to 2 tablespoons sugar $\frac{1}{2}$ cup milk
Speck nutmeg and salt

Beat yolk, add sugar, salt and milk, strain, add stiffly beaten white and nutmeg.

CODDLED EGGS

Allow $\frac{1}{4}$ cup milk for each slightly beaten egg. Cook mixture in a double boiler, stirring constantly until thickened. Season with salt and pepper and serve on buttered toast.

SCRAMBLED EGGS

Allow 1 tablespoon of milk for each egg, slightly beaten. Pour in a buttered pan. Cook until creamy, stirring and scraping from the bottom of the pan as it thickens.

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SOFT CUSTARD

1 pint milk scalded	$\frac{1}{2}$ cup sugar	Speck of salt
2 eggs yolks	Flavoring	

Beat the eggs, add sugar and salt and scalded milk slowly. Cook in a double boiler, stirring constantly until the mixture coats the spoon, add flavoring.

BAKED CUSTARD

Instead of cooking the above mixture over hot water, strain into custard cups or a mold set in a pan of water. Bake in a slow oven 325°F. until firm. Custards are done when puffy on top and firm in center, or when a silver knife, inserted in the center, comes out clean.

JUNKET

2 cups milk	2 teaspoons rennet, or $\frac{1}{2}$	2 teaspoons lukewarm
2 tablespoons sugar	junket tablet	water
$\frac{1}{2}$ teaspoon vanilla		

Heat the milk to lukewarm (99°F.) in double boiler. Add sugar and flavoring, and stir until sugar is dissolved. Add junket dissolved in water, and pour into dish from which custard is to be served. Let stand until cool and firm. Serve with cream, soft custard, fruit, or fruit syrup. Cinnamon, nutmeg, coconut, chocolate, cocoa, or other flavor may be substituted for vanilla.

THE LUNCH BOX

The lunch carried from home requires thought in planning so that it will be satisfying, nutritious and appetizing. The container used plays a large part in keeping the lunch in good condition.

The lunch box should be dust-proof, well ventilated and easily washed. Metal boxes have these advantages, and when collapsible they are easy to carry home. Some are arranged in compartments and are equipped with thermos bottles.

Baskets are not easily cleaned and unless the food is well wrapped, it dries out quickly.

Fibre boxes are cheap, but they are absorbent and therefore hard to keep clean.

Wax paper, paper napkins, paper plates and containers, paper or collapsible metal cups, thermos bottles and sealtight jars all aid in preparing lunches.

The container should be lined with a paper napkin and each article wrapped separately in waxed paper, and placed in the order in which the food will be eaten. Articles should be packed compactly so that the food cannot be shaken about.

The lunch box menu should be planned to include a substantial food, a juicy fruit or vegetable, a simple dessert and a beverage.

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Sandwiches, which are usually included, should be made from day-old bread, which may be graham, whole wheat, rye, rolls or white bread.

In cutting the bread, arrange the slices so that they will fit together.

Cream the butter or butter substitute until soft enough to spread easily. The butter tends to prevent a soft filling from making the bread soggy.

SANDWICH FILLINGS

MEAT

Minced ham with cream or salad dressing.

Left-over meat, minced, with cream or salad dressing.

Dried beef, plain or frizzled.

Slices of beef, ham, chicken, lamb, sprinkled with salt or spread with a little salad dressing.

Broiled sliced bacon.

FISH

Tuna fish or salmon, plain or mixed with salad dressing.

Sardines, minced, with lemon juice added.

EGG

Hard cooked, chopped and mixed with salad dressing.

Scrambled, plain or in milk, or with bits of chopped bacon.

CHEESE

Creamed cheese with chopped nuts, olives or peppers, or a combination of these.

Sliced cheese with salad dressing or mustard on rye bread.

Cottage cheese with onions and cream or salad dressing used with brown bread. Pimento may also be added.

Add India relish to well-seasoned fresh cottage cheese.

Add chopped English walnuts to cottage cheese. This will make a dark filling but a good flavor.

Chopped parsley, cottage cheese and salad dressing.

FRUIT

Date combination.

Chopped dates, 6; butter, 2 teaspoons; orange or lemon juice, few drops (2 sandwiches).

Wash dates and put through chopper. Add a little salt, equal amount or more of peanut butter or cream cheese and a few drops of lemon juice. Mix well.

(NOTE.—Cooked prune pulp or raisins may replace dates.)

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Chop dates, add little sweet fruit juice, heat and rub to a smooth paste. Add shredded cocoanut and a few chopped nuts and orange or lemon juice. (Excellent with brown bread.)

Jams and jellies.

Ripe bananas mixed with chopped peanuts or peanut butter.

VEGETABLE

Plain lettuce with salad dressing.

Sliced tomato with salad dressing, or lettuce and tomato.

A small amount of diced, pickled cucumber with cottage cheese.

Pickled beets, chopped and mixed with cottage cheese.

Chopped celery, apple, nuts or olives (any proportion preferred), salad dressing.

Mixed pickle, sour or sweet, with chopped egg.

Mashed left-over beans or rubbed through colander, mixed with tomato sauce or salad dressing and chopped sour pickle or green pepper relish.

ADDITIONAL LUNCH BOX SUGGESTIONS

Vegetable soups made with either meat stock or cream can be kept hot in a thermos bottle.

Hard-cooked eggs are frequently used. As a variation, the yolk may be removed, seasoned with salt, pepper, mixed with salad dressing and put back in the white. See Stuffed Eggs Recipe, page 32.

Fruit or vegetables, such as apples, apple sauce, baked apples, peaches, oranges, lettuce, tomatoes or celery, make a good combination with sandwiches.

Vegetable salads, such as potato salad, Boston baked beans and potato chips, add variety to the lunch of the adult, but are not suitable for the child's meal away from home.

A bottle of milk should be included in the lunch boxes of school children.

For dessert, one may use nuts and raisins, a few dates or figs.

Custards, with varied flavorings, cereal puddings, and gelatine puddings are also good. These may be made in individual cups and packed in the lunch box.

Plain cookies, date or raisin cookies or sponge cake may be added as a dessert. Pie, pickles, doughnuts or griddle cakes, or rich cakes should not be included in the school lunch box.

ALL RECIPES IN THIS BOOK CALL FOR FLAT OR LEVEL MEASUREMENTS

SUGGESTED COLD LUNCHES

FOR INDUSTRIAL WORKERS

1 minced ham sandwich with white bread
1 Swiss cheese sandwich with rye bread
1 whole tomato
1 apple dumpling
1 cup coffee (in thermos)

Vegetable soup (in thermos)
2 broiled bacon sandwiches on whole wheat bread
1 doughnut and 1 apple
1 bottle milk

2 salmon and lettuce sandwiches on whole wheat bread
Potato chips
1 orange
2 cookies
1 bottle of milk

FOR SCHOOL CHILDREN

1 cottage cheese sandwich on brown bread
1 jelly sandwich on white bread
1 apple
 $\frac{1}{2}$ pint bottle of milk

2 egg sandwiches on whole wheat bread
Celery
Apple sauce
Milk

2 tomato sandwiches on whole wheat bread
1 baked apple
Small cake and milk

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